

art

**My First Masterpiece** | 12 weeks

This class encourages small muscle development, independence and lots of creativity. We paint, draw, tear and cut paper and create 3 dimensional art. We use lots and lots of glue. Note: We get messy, so please have your child/children wear a painting shirt to all classes. **Note:** a \$8.50 supply fee is due at the first class. Projects change each session.

Instructor: Lynne Roznowski

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0104.403	2-4 yrs	Wed	9:15-10:00am	Sept 12	\$68
0105.403	2-4yrs	Wed	12:45-1:30pm	Sept 12	\$68

Paint, Paint and More Paint | 12 weeks

This class has been designed to introduce your child to the wonderful world of imagination through paint. Your child will be using an assortment of tools that will help build their motor skills and open their minds to unlimited possibilities. Please bring a painting shirt to all classes. **Note:** A \$6.50 supply fee due at the first class.

Instructor: Lynne Roznowski

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0109.403	2-4 yrs	Wed	10:15-11:00am	Sept 12	\$68

Upper Case ABC's Through Art | 12 weeks

This fall we are going to work on our upper case letters. Your child will be using crayons, markers, cut outs of mixed media and lots and lots of glue. For 12 weeks we will be working on three letters per class. Cutting will be given to the parents every week for the following week's letters. Your child will love their artwork and will enjoy it for years to come. **Note:** A one-time \$12.00 supply fee is due to the instructor on the first day of class. Kids will receive a notebook to hold their letters.

Instructor: Lynne Roznowski

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0118.403	3-5 yrs	Wed	11:30am-12:30pm	Sept 12	\$73

dance

Ballet and Tap "Baby & Me" | 12 weeks

Introduce your child to the world of dance and get your exercise at the same time. You'll stretch, turn, and learn easy fun routines.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0225.403	2-4 yrs	Tue	6:00-6:25pm	Sept 11	\$56

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0204.405	2-4 yrs	Sat	12:15-12:40pm	Sept 15	\$56

Bellydance Unity: Mother/Daughter

11 weeks **NEW**

Exercise while you enjoy a unique and creative bonding experience with your child. Bellydance is a celebration of feminine unity. It's for girls and women of all ages, shapes and sizes. You don't really have to show your belly to enjoy the benefits of this lovely art. Grandma and Granddaughter pairs are welcome, too.

Instructor: Zahra Zuhair

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0201.403	2-3 yrs	Mon	6:30-7:10pm	Sept 10	\$55

Creative Movement for Toddler and Me | 10 weeks

This class is a fun introduction to beginning ballet, rhythms/movement and tumbling skills. We provide age-appropriate music, fun props, and an action packed class! Children will benefit by building their memory, concentration, coordination, creativity and self confidence, all in a positive environment.

Instructor: Webby Dance® Company

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0201.404	1½-2½ yrs	Thu	5:00-5:30pm	Sept 10	\$88

My First Dance Class | 12 weeks

Enjoy the discovery and excitement of your child's first experience in the world of dance. Dancers learn basic steps during the warm ups so they can put simple combinations together. The same songs will be used every week to help the dancers learn by repetition, which helps them gain confidence. **Note:** Please wear tennis shoes. A \$5.00 music fee due at the first class.

Instructor: Teri Richardson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0222.403	2-3 yrs	Mon	11:15-11:45am	Sept 10	\$55
0223.403	2-3 yrs	Tue	11:15-11:45am	Sept 11	\$55
0224.403	2-3 yrs	Thu	11:15-11:45am	Sept 13	\$55

early childhood development

Adventures and Bedtime Stories | 9 weeks

Join us in making bedtime fun for children. Activities include singing, dancing, circle time and crafts. There is so much to do before the moon comes up! After all the fun is done, we read a story that is sure to get your little ones ready for bed.

Instructor: Recreation Staff

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
0301.410	2-4 yrs	Thu	6:30-7:15pm	Sept 13	\$32

Baby Signing Time | 4 weeks

Teach your baby to sign! Learn true American Sign Language signs from a certified Signing Time instructor using games and songs based on the award winning PBS series. Signing can promote bonding, encourage speech and eliminate frustration by helping babies communicate earlier and more clearly. Crawlers and early walkers should enroll in younger class.

Instructor: Christine Fitzgerald

Location: Verdugo Recreation Center

Session 1: Food, Pets, Family, and Manners

Activity #	Ages	Day	Time	Start	Fee
0310.404	3-12 mos	Thu	10:00-10:45am	Sept 13	\$50
0311.404	1-3 yrs	Thu	11:00-11:45am	Sept 13	\$50

Session 1: Fruits and Veggies, Farm, Let's Move and Opposites

0312.404	3-12 mos	Sat	10:00-10:45am	Sept 15	\$50
0313.404	1-3 yrs	Sat	11:00-11:45am	Sept 15	\$50

Session 2: Here I Go!, Playtime, Getting Dressed, Bed and Bath

Activity #	Ages	Day	Time	Start	Fee
0308.404	3-12 mos	Thu	10:00-10:45am	Oct 18	\$50
0309.404	1-3 yrs	Thu	11:00-11:45am	Oct 18	\$50

Session 2: Feelings, Outside, Ocean, Colors

0314.404	3-12 mos	Sat	10:00-10:45am	Oct 20	\$50
0315.404	1-3 yrs	Sat	11:00-11:45am	Oct 20	\$50

Grime Partners | 4 weeks

This class is for parent and his/her best Grime Fighter! We will explore icky, sticky, ooey and gooey projects each week. Warning - you will get messy! While you and your child explore, you can talk with Parenting Coach, Jennifer Owen. This 35 minute class is a great way to jumpstart fun and creative time with you and your child. **Note:** A \$10 supply fee is due at the first class.

No class on September 25.

Instructor: Jennifer Owen

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0330.404	2-5 yrs	Tue	11:15-11:50am	Sept 11	\$28
0333.404	2-5 yrs	Tue	11:15-11:50am	Oct 9	\$28

Mommy and Me Play and Learn Class | 8 weeks

This fun parent and me class includes an art activity, a circle time with songs and finger play, a felt storyboard told by your child and parachute time. A parenting topic will be introduced each class and there will be class time to speak to Parenting Coach, Jennifer Owen. **Note:** A \$5 supply fee is due at the first class. No class on September 24.

Instructor: Jennifer Owen

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0331.404	12 mo-2 yrs	Tue	9:15-10:00am	Sept 11	\$48
0332.404	1½-4 yrs	Tue	10:10-10:55am	Sept 11	\$48
0334.404	2 mo-1½ yrs	Wed	9:15-10:00am	Sept 12	\$48
0335.404	1½-5 yrs	Wed	10:50-11:35am	Sept 12	\$48
0336.404	2 mos-5 yrs	Wed	11:45-12:30am	Sept 12	\$48

Preschool Fun with Parents Too | 12 weeks

This multi-age class is great for those that have one or more children. Fun crafts, parachute, bubbles, and rug time which include toys, songs and a felt board to encourage your child to have fun while learning. Children also learn to take turns helping and interact with others. **Note:** A \$5.00 supply fee is due at the first class. Younger siblings are welcome if in a stroller or car seat.

Instructor: Teri Richardson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0311.403	1½-3½ yrs	Mon	10:15-11:00am	Sept 10	\$64
0310.403	1½-3½ yrs	Tue	9:15-10:00am	Sept 11	\$64
0312.403	1½-3½ yrs	Tue	10:15-11:00am	Sept 11	\$64
0313.403	1½-3½ yrs	Thu	9:15-10:00am	Sept 13	\$64
0309.403	1½-3½ yrs	Thu	10:15-11:00am	Sept 13	\$64

Preschool Plus with Parents Too | 12 weeks

We will craft, sing, share, and have hands-on learning with the felt board. Children also create their own "All About Me" Preschool Book of Fun. Children learn to be helpers, interact with others and work alone, which helps bridge from this class to Tiny Tots. **Note:** A \$7.00 new student / \$5.00 returning student supply fee is due at the first class. Craft and felt board begin the 2nd week of the session.

Instructor: Teri Richardson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0315.403	3-4 yrs	Fri	9:15-10:15am	Sept 14	\$69
0316.403	3-4 yrs	Fri	10:30-11:30am	Sept 14	\$69





Storyland Adventures | 8 weeks

This class is where stories come alive. We will read a story then make a craft or a snack relating to the story. There will be a circle time at the end of each class. All new stories this session! **Note:** A \$10 supply fee is due at the first class. No class the week of September 24

Instructor: Jennifer Owen

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0328.404	2-5 yrs	Tue	12:05-12:40pm	Sept 11	\$48
0329.404	2-5 yrs	Wed	10:05-10:40am	Sept 12	\$48

Village Circle Time - Drum! Play! Love! | 10 weeks

A fun music circle that links movement, speech and active music making. Each class builds on a variety of age appropriate rhythmical/melodic activities that boost creativity and improve listening skills, muscle coordination and respectful group interaction. Class size limited to 10 parent/child partners for maximum benefit and enjoyment. **Note:** A \$5 activity fee is due at the first class.

Instructor: Beth Lewis

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0321.403	9-15mos	Mon	9:15-10:00am	Sept 10	\$120
0322.403	1-2 yrs	Mon	10:15-11:00am	Sept 10	\$120
0323.403	2-3 yrs	Mon	11:15am-12:00pm	Sept 10	\$120
0324.403	9-15mos	Wed	9:15-10:00am	Sept 12	\$120
0325.403	1-2 yrs	Wed	10:15-11:00am	Sept 12	\$120
0326.403	2-5 yrs	Wed	11:15am-12:00pm	Sept 12	\$120

martial arts

Kinder Karate | 9 weeks

This preparatory program utilizes an age appropriate curriculum and our exclusive Kibukan system to focus on building coordination, confidence, memory and discipline, in a structured goal oriented environment. Students and parents participate in fun Karate games, challenging techniques and healthy exercise designed to build a strong foundation and essential life skills. **Note:** A \$55 start-up fee is due at the first class for new students. One parent must participate with student in every class.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

New Students/White-Brown Belt

Activity #	Ages	Day	Time	Start	Fee
0602.405	3-5 yrs	Tue	5:10-5:50pm	Sept 11	\$103
0601.405	3-5 yrs	Wed	5:10-5:50pm	Sept 12	\$103
0603.405	3-5 yrs	Thu	5:10-5:50pm	Sept 13	\$103

music

Early Childhood Music Class | 8 weeks

Children will be introduced to instruments, creative movement, singing, listening and rhythm. Children will learn songs including holiday, traditional, folk and multicultural. Reading of music will be introduced. This course will help develop awareness in music as well as enhance awareness in math and sciences at a later age.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0315.405	Up to 5 yrs	Wed	9:00-9:45am	Sept 12	\$105
0316.405	2-5 yrs	Wed	9:50-10:35am	Sept 12	\$105
0312.405	1-2½ yrs	Sat	10:00-10:45am	Sept 15	\$105
0301.405	Up to 1½ yrs	Sat	10:50-11:35am	Sept 15	\$105

Family Music Night! | 8 weeks

This early childhood music class will introduce children to instruments including orchestral instruments, creative movement, singing, listening and rhythm. This developmentally appropriate music program will enhance the student's awareness of music. Each week students will learn new songs including holiday, traditional, folk and multicultural. Fun for the whole family! **Note:** Price is per person.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0310.405	Up to 5 yrs	Thu	6:00-6:45pm	Sept 13	\$105



special interest

Hikes For Little Tykes | 6 weeks

Take this opportunity to enjoy the natural environment in the Verdugo Mountains. Hikes, nature crafts and new discoveries are all a part of this adventure. Note: Strollers are not recommended for trails. Some classes held at Wildwood Canyon Park. First class meets at Stough Canyon Nature Center. Non-resident fee does not apply to this class.

Location: Stough Canyon Nature Center

Instructor: Recreation Staff

Activity #	Ages	Day	Time	Start	Fee
0301.406	2-5 yrs	Sat	9:30-10:30am	Sept 15	\$19

sports / fitness

Baby Gym | 8 weeks

This parent-child course is designed to promote the child's natural physical play. Parent and child interact in a developmental obstacle course that strengthens their muscles, balance and coordination. Together you have fun nurturing your parent/child bond, learning skills and exploring with new gymnastic friends.

Instructor: Ola Gilkey

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0401.403	1-2 yrs	Tue	9:15-10:00am	Sept 11	\$110
0402.403	1-2 yrs	Tue	10:00-10:45am	Sept 11	\$110
0403.403	1-2 yrs	Thu	10:00-10:45am	Sept 13	\$110

Toddler Gym | 8 weeks

This course allows the little gymnast to do what they like best; jumping, bouncing and rolling. Parents can have fun too or just watch them progress through the course. They also learn how to do new skills, improve their tricks and use equipment designed to free their fun.

Instructor: Ola Gilkey

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
0410.403	2-3 yrs	Tue	10:45-11:30am	Sept 11	\$110
0411.403	2-3 yrs	Tue	11:30am-12:15pm	Sept 11	\$110
0413.403	2-3 yrs	Thu	9:15-10:00am	Sept 13	\$110
0414.403	3-4 yrs	Thu	10:45-11:30am	Sept 13	\$110
0415.403	2-3 yrs	Thu	11:30am-12:15pm	Sept 13	\$110



art

**Clay, Dough, Paint And More** | 8 weeks

Come explore, experiment, and enjoy while bringing out the creativity of each child. **Note:** A non-refundable \$5 supply fee is included in the class price.

Instructor: Recreation Staff

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
1103.402	3½-5 yrs	Thu	1:00-1:45pm	Sept 13	\$47

Kids and Clay | 5 weeks

Introduce your preschooler to pottery. The very basics in hand building, pinch pot and slab methods are taught as they create interesting, fun projects. **Note:** A non-refundable \$5 supply fee is included in the class price.

Instructor: Jack Paul Miller

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
1101.402	4-5 yrs	Mon	3:00-3:45pm	Sept 10	\$39

Tots Play with Paint | 4 weeks

Dibble, dabble, splatter and spray paint your project any old way! Kids will love this fun and messy class as they create a new masterpiece for the family refrigerator each week! Dress for a mess!

Instructor: Recreation Staff

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1144.404	3½-5 yrs	Fri	11:15am-12:00pm	Sept 14	\$20
1145.404	3½-5 yrs	Fri	11:15am-12:00pm	Oct 12	\$20

dance

Ballet and Tap, Preschool | 11 or 12 weeks

Two dance favorites in one class. Students learn simple steps and do easy ballet and tap routines in this energetic class.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1214.403	3-5 yrs	Tue	4:30-4:55pm	Sept 11	\$56
1215.403	3-5 yrs	Tue	5:00-5:25pm	Sept 11	\$56
1205.403	3-5 yrs	Wed	4:45-5:10pm	Sept 12 (11 wks)	\$51
1202.403	3-5 yrs	Thu	5:30-5:55pm	Sept 13	\$56
1201.403	3-5 yrs	Sat	10:00-10:25am	Sept 15	\$56

Ballet Dancerama for Boys and Girls | 9 weeks

A ballet class designed for ages 3½-6 years. Through fun ballet exercises we will work on the skills needed to gain coordination and confidence.

Instructor: Kristan Sauter

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
1202.410	3½-6 yrs	Sat	12:00-12:45pm	Sept 15	\$54

Ballet for the Preschool Student | 9 weeks

Here's the chance to be a beautiful princess, and experience the joy and creativity of movement while learning basic ballet steps and terminology.

Instructor: Kristan Sauter

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1201.405	3½-5 yrs	Thu	2:30-3:10pm	Sept 13	\$40

Bellydance: Little Genie

11 weeks

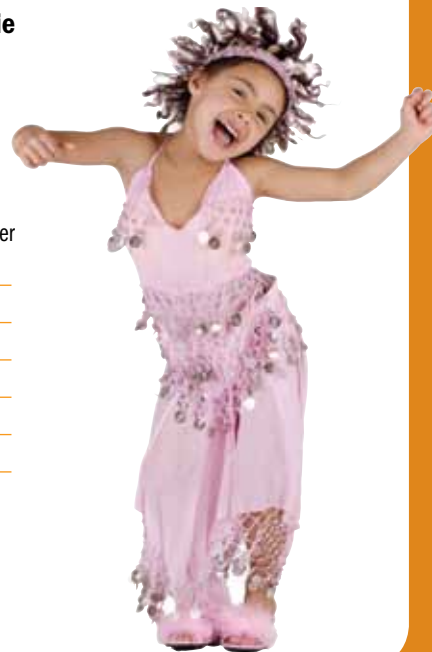
Bellydance is creative, fun and great exercise. They'll learn basic steps and easy routines.

No class on October 4.

Instructor: Zahra Zuhair

Location: Olive Recreation Center

Activity #	1234.403
Ages	3-5 yrs
Day	Thu
Time	5:00-5:25pm
Start	Sept 13
Fee	\$46



Dancing To The Hits | 12 weeks

This class introduces Jazz and Pop/Hip Hop styles of dance while learning basic dance skills needed for higher levels of dance. We use different styles of music during the warm up to help dancers learn simple steps and combinations that help build their confidence. **Note:** Please bring water and wear tennis shoes. A \$5 music fee is due at the first class.

Instructor: Teri Richardson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1208.403	4-5 yrs	Mon	12:00-12:30pm	Sept 10	\$55
1209.403	4-5 yrs	Tue	12:00-12:30pm	Sept 11	\$55
1210.403	4-5 yrs	Thu	12:00-12:30pm	Sept 13	\$55

Jazz and Ballet, Preschool | 11 weeks

A great combo class! Students learn lively jazz moves and easy routines to great music. They also learn the ballet basics that are required for all dance forms.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1239.403	3-5 yrs	Wed	5:15-5:40pm	Sept 12	\$51

Nursery Rhyme Dance Time | 12 weeks

Move to the music of your favorite nursery rhymes. It's a fun class filled with easy movements and simple activities designed to introduce you and your child to the joy of dance.

Instructor: Sandra Aiena Dixon

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1203.405	2-4 yrs	Sat	12:45-1:10pm	Sept 15	\$56

Preschool Creative Dance | 10 weeks

This class is a fun introduction to beginning tap, ballet, rhythm/movement and tumbling skills. We provide age appropriate music, fun props and an action-packed class! Children will benefit by building their memory, concentration, creativity, and self confidence all in a positive environment.

Instructor: Webby Dance Company

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1201.404	3-5 yrs	Thu	5:45-6:30pm	Sept 13	\$88

early childhood development

**Heroes Fantasy Play Time | 4 weeks**

In this class, kids will be able to be all the heroes they've always dreamed of being. Each week the class will transform into a new hero scenario; western, pirates, superheroes and community hero. Participants will be creating crafty costumes, tasty snacks, and participate in fantasy play.

Instructor: Recreation Staff

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1306.404	3-5 yrs	Fri	10:15-11:00am	Oct 12	\$20

Kinder Concepts | 9 weeks

Enjoy games, crafts, and activities while reviewing basic kindergarten skills such as shapes, colors and numbers, plus reviewing concepts such as bigger/smaller, before/after, important community people and seasons! This recreation-based class will assist children in social and educational skills needed for kindergarten in a fun and playful way. Children must be entering kindergarten by August 2013.

Instructor: Recreation Staff

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1301.405	4-5 yrs	Fri	10:00-11:00am	Sept 14	\$27

Kinder Tots | 9 weeks

This recreational-based course is designed for the preschool age child entering kindergarten in August 2013. Emphasis is placed on learning and recognizing ABC's, shapes, colors and numbers. Activities include arts and crafts, exercise, sports and games, story time and share time. Children will receive snack and juice at each class. **Note:** A \$10 supply fee is due to the instructor at the first class.

Instructor: Recreation Staff

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1306.403	4-5 yrs	M/W	10:00am-12:00pm	Sept 10	\$83

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1303.405	4¼-5 yrs	M/W	10:00am-12:00pm	Sept 10	\$83

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
1303.410	4¼-5 yrs	T/Th	10:00am-12:00pm	Sept 11	\$83

Little Learners! | 6 weeks

Join the fun and see what preschool is all about. Your child will enjoy art activities, story time, music and movement, and the independence to help build good social skills. **Note:** A \$5 material fee is due to the instructor on the first class.

Instructor: Jennifer Reynoso

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
1315.410	2½-4½yrs	Mon	3:00-3:30pm	Sept 10	\$37
1316.410	2¾-4½yrs	Mon	3:30-4:00pm	Sept 10	\$37

Tiny Tots | 9 weeks

A recreational-based program where crafts, games, and songs help introduce pre-schoolers to shapes, colors, numbers, the alphabet, and much more. Activities may include arts and crafts, dance and rhythms, sports and games, story time, circle time and other activities.

Instructor: Recreation Staff

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
1311.410	3¼-4¼ yrs	M/W	10:00-11:30am	Sept 10	\$51

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1311.405	3¼-4¼ yrs	T/Th	10:00-11:30am	Sept 12	\$51

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1319.403	3¼-4¼ yrs	T/Th	10:00-11:30am	Sept 12	\$51

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1311.404	3¼-4¼ yrs	M/W	10:00-11:30am	Sept 10	\$51

Royalty Fantasy Play Time | 4 weeks

Calling all royalty from far away lands! Come join us for this fun transformation, as each child will create majestic crafts, tasty snacks, and play in our fairytale world. Participants should wear their royalty attire or fairy costumes to last class for a tea party!

Instructor: Recreation Staff

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1305.404	3-5 yrs	Fri	10:15-11:00am	Sept 14	\$20

music

Piano, Beginning (Group Class) | 8 weeks

Classes are offered with a foundation for Music Theory and basic concept of reading music. Each student is provided with their own keyboards to use which KMMN brings each week. This program is designed to be a progressive program and there are 4 levels to each series of books. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1510.405	4-6 yrs	Mon	3:30-4:15pm	Sept 10	\$125
1503.405	4-6 yrs	Sat	1:20-2:05pm	Sept 15	\$125

Multicultural Music | 8 weeks

This is an introduction for children to be introduced to instruments from all around the world. A variety of string, percussion, brass and woodwind instruments from all around the world are introduced and then children are allowed to try the instruments. This is an exciting hour of education of the world music for children of all ages.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2551.405	2-6 yrs	Thu	5:15-6:00pm	Sept 13	\$105
2552.405	2-6 yrs	Sat	12:30-1:15pm	Sept 15	\$105

Violin, Beginning | 8 weeks

In our fun and innovative group violin classes, children learn posture, rhythm, and bowing while building a concrete foundation for learning to read music. Basic techniques will be taught in this class as well as children being introduced to basic music theory. **Note:** Violins are required for each student. You may call Kids Music N' Motion for specifics at 310-373-0280. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1520.405	4-7 yrs	Wed	3:30-4:15pm	Sept 12	\$125
1521.405	4-7 yrs	Sat	11:40-12:25pm	Sept 15	\$125

special interest

Animal Adventures | 9 weeks

Go on an amazing animal adventure! Each week boys and girls will discover their favorite animals through fun and educational songs, books, games and crafts.

Instructor: Recreation Staff

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
1607.410	3-5 yrs	Fri	10:30-11:30am	Sept 14	\$35

French Immersion Class | 10 weeks

Your child will learn a new language and have a blast in the process. Our dynamic classes incorporate music, games, storytelling and more to keep children immersed and engaged in the language. **Note:** A \$40 materials fee is due at the first class (includes workbook, flashcards, and a CD).

Instructor: Martha Duarte, Langokids

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
1617.410	3-5 yrs	Mon	2:00-2:45pm	Sept 10	\$160

Mad Science- Little Lab of Mad Science! | 4 weeks

Discover a rainbow of colors that are hidden inside light and make your own rainbow. Discover how vibrations make sound and music and learn about energy to see how it gets things moving. **Note:** A \$20 materials fee is due at the first class meeting.

Instructor: Mad Science of Los Angeles

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
1501.410	3-5 yrs	Mon	1:00-1:30pm	Sept 10	\$48

Mad Science- Pint-Sized Mad Science! | 4 weeks

Boldly travel through the solar system and sign up for Mad Science Astronaut in Training program. Learn about the world of worms and explore the world's most abundant animals, Bugs! **Note:** A \$20 materials fee is due at the first class meeting.

Instructor: Mad Science of Los Angeles

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
1502.410	3-5 yrs	Mon	1:00-1:30pm	Oct 15	\$48

Mandarin Immersion Class | 10 weeks

Your child will learn a new language and have a blast in the process. Our dynamic classes incorporate music, games, storytelling and more to keep children immersed and engaged in the language. **Note:** A \$40 materials fee is due at the first class (includes workbook, flashcards, and a CD).

Instructor: Martha Duarte, Langokids

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
1615.410	3-5 yrs	Thu	3:00-3:45pm	Sept 13	\$160

**Singing and Stage Presence for The Little Ones
8 weeks**

While learning how to sing and perform children develop listening, coordination, gross and fine motor skills, self-control, concentration skills and memory. Children learn more easily vocabulary, grammar and story form. **Note:** No class October 31.

Instructor: Andrea Vicich

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1501.403	3-5 yrs	Tue	4:30-5:00pm	Sept 11	\$75

1502.403	3-5 yrs	Tue	5:00-5:30pm	Sept 11	\$75
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Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1501.405	3-5 yrs	Wed	4:30-5:00pm	Sept 12	\$75

1502.405	3-5 yrs	Wed	5:00-5:30pm	Sept 12	\$75
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Spanish Immersion Class | 10 weeks

Your child will learn a new language and have a blast in the process. Our dynamic classes incorporate music, games, storytelling and more to keep children immersed and engaged in the language. **Note:** A \$40 materials fee is due at the first class (includes workbook, flashcards, and a CD).

Instructor: Martha Duarte, Langokids

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
1616.410	3-5 yrs	Sat	10:00-10:45am	Sept 15	\$160

Storybook Cooking | 9 weeks

This class offers an integration of storytelling and simple recipe preparation. This is a delicious approach to literature appreciation for youngsters. **Note:** A \$10 supply fee is due to the instructor at the first class meeting.

Instructor: Recreation Staff

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1304.404	3½-5 yrs	Wed	1:30-2:30pm	Sept 12	\$32

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1310.405	3½-5 yrs	Fri	11:15am-12:15pm	Sept 14	\$32

sports / fitness**Cheer! | 9 weeks**

This cheerleading program provides an atmosphere for all children to develop confidence, self-esteem and improved social skills. The class teaches basic cheers/chants, jumps, kicks and dance routines as well as increasing motor skills and flexibility. **Note:** A \$5 materials fee is due at the first class.

Instructor: Pacific Child & Family Assoc.

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1401.405	4-6 yrs	Sat	9:00-10:00am	Sept 15	\$69

Half Day Kids Camp | 8 weeks

Boys and girls enjoy 3 hours of gymnastics, trampoline, crafts, snacks, fun and games in Fun & Fit Gymnastics air conditioned and fully padded facility. Participant must be toilet trained. **Note:** Registration for this class must be completed through the Burbank Park, Recreation and Community Services Department. Registration is not accepted at Fun and Fit Gymnastics.

Instructor & Location: Fun and Fit Gymnastics (818) 845-0700
1919 W. Burbank Blvd., Burbank, CA 91506

Activity #	Ages	Day	Time	Start	Fee
1402.417	3-5 yrs	Fri	12:00-3:00pm	Sept 14	\$212

iPLAY All Sports Academy | 8 weeks

Get ready to play the right way, by having fun! Basketball, soccer, flag-football and more are practiced and played. Students will practice and play the world's most popular sports each week. Build self-confidence and a healthy lifestyle in a non-competitive sports environment. All skill levels welcome! **Note:** No class on October 31.

Instructor: ACE Enrichment

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1410.405	4-5 yrs	Wed	2:30-3:10pm	Sept 12	\$96

Kids Progressive Class | 8 weeks

Basic fundamental skills required to succeed in all sports are introduced for kids old enough to follow directions without their parents' assistance. Curriculum and PERSONAL BEST philosophy provides a safe and successful experience for all children, raising their self-esteem. Instructors help children learn movement skills on tumbling, trampoline, bars, beams and vaulting. **Note:** Registration for this class must be completed through the Burbank Park, Recreation and Community Services Department. Registration is not accepted at Fun and Fit Gymnastics.

Instructor & Location: Fun and Fit Gymnastics (818) 845-0700
1919 W. Burbank Blvd., Burbank, CA 91506

Activity #	Ages	Day	Time	Start	Fee
1406.417	4-5 yrs	Tue	11:15am-12:00pm	Sept 11	\$92
1407.417	4-5 yrs	Tue	6:30-7:15pm	Sept 11	\$92
1408.417	4-5 yrs	Tue	7:30-8:15pm	Sept 11	\$92
1409.417	4-5 yrs	Thu	10:15-11:00am	Sept 13	\$92

Kinder Gym | 12 weeks

This class builds skills for the beginner with some training in gymnastics. This class is a transition class for independent tots. With structure we introduce an obstacle course challenging their skills. The attraction of bright colors, equipment, shapes and friends makes this a popular class. They're finding themselves and want to "show off" their gymnastics skills. We teach and develop their skills through repetition.

Instructor: Sheryll Donovan, USAG Safety Certified Instructor
Location: Olive Recreation Center

Level 1/2

Activity #	Ages	Day	Time	Start	Fee
1406.403	3-6 yrs	Wed	4:45-5:25pm	Sept 12	\$145

Level 2/3

Activity #	Ages	Day	Time	Start	Fee
1407.403	4-6 yrs	Wed	5:30-6:10pm	Sept 12	\$145

Tot Sports and Games | 9 weeks

An introduction to sports skills and fun games in a safe, non-competitive environment. Emphasis is on having fun, teamwork, and good sportsmanship.

Instructor: Recreation Staff
Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1401.404	4-5 yrs	Thu	2:00-2:45pm	Sept 13	\$32

Transition Class | 8 weeks

This class allows your child who is accustomed to our "child directed" Tumble Tots program to make the adjustment necessary to participate in the Kids Progressive program more comfortably and with the assistance of their parent.

Note: Registration for this class must be completed through the Burbank Park, Recreation and Community Services Department. Registration is not accepted at Fun and Fit Gymnastics.

Instructor & Location: Fun and Fit Gymnastics (818) 845-0700
1919 W. Burbank Blvd., Burbank, CA 91506

Activity #	Ages	Day	Time	Start	Fee
1410.417	3-3½ yrs	Tue	6:30-7:15pm	Sept 11	\$92

Tumble Tots Class | 8 weeks

Tumble Tots for children ages 12 months to 3 yrs. is child-directed and the classes have the entire Fun & Fit facility to enjoy tumbling, climbing, jumping, swinging, sliding, and many other developmental skills, while also learning social skills working with other children. **Note:** Registration for this class must be completed through the Burbank Park, Recreation and Community Services Department. Registration is not accepted at Fun and Fit Gymnastics.

Instructor & Location: Fun and Fit Gymnastics (818) 845-0700
1919 W. Burbank Blvd., Burbank, CA 91506

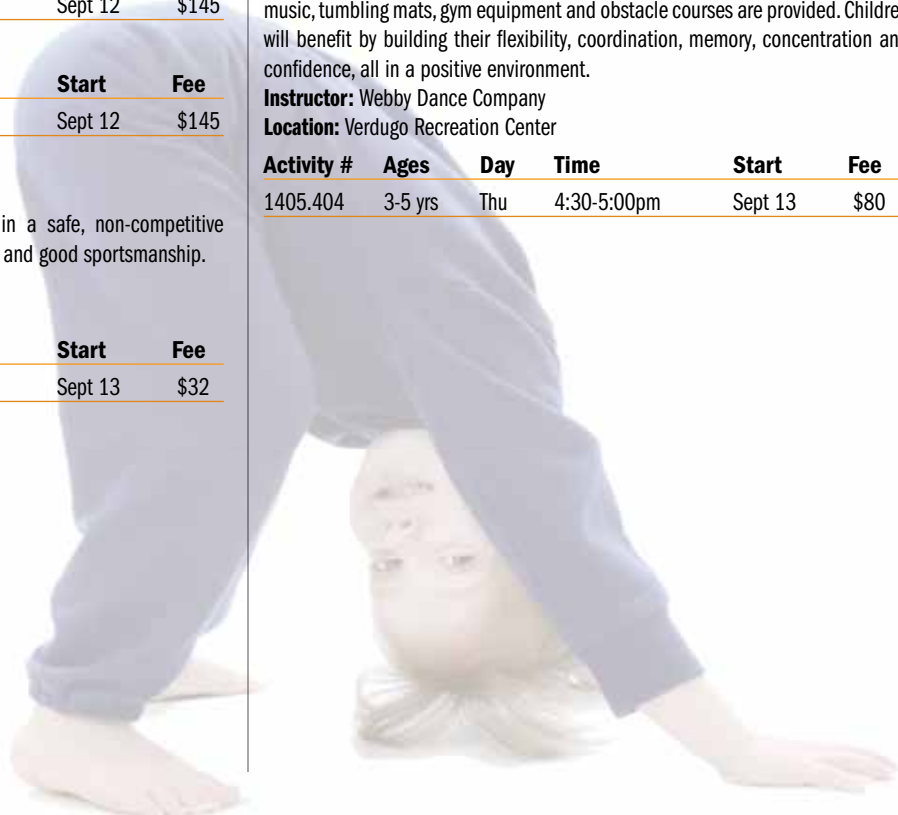
Activity #	Ages	Day	Time	Start	Fee
1404.417	1-3 yrs	Tue	2:00-2:45pm	Sept 11	\$92
1403.417	1-3 yrs	Wed	2:15-3:00pm	Sept 12	\$92
1405.417	1-3 yrs	Fri	1:45-2:30pm	Sept 14	\$92

Tumbling | 9 weeks

This class is a fun introduction to beginning tumbling skills. Age appropriate music, tumbling mats, gym equipment and obstacle courses are provided. Children will benefit by building their flexibility, coordination, memory, concentration and confidence, all in a positive environment.

Instructor: Webby Dance Company
Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1405.404	3-5 yrs	Thu	4:30-5:00pm	Sept 13	\$80



art

**All Mixed Up | 6 weeks**

Have fun exploring a variety of art mediums; clay sculpting, sketch drawing, painting, cartooning, and pastel chalk drawing. **Note:** A \$10 supply fee is due to the instructor the first class.

Instructor: Alan Huck

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2115.403	6 yrs & up	Tue	3:30-5:00pm	Sept 11	\$51

Cartooning For Kids | 6 weeks

Unleash your creativity and imagination through the fun of cartooning. Learn the basic methods of drawing and creating funny animals, goofy people and super heroes. **Note:** Materials list required.

Instructor: Ian Huck

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2107.403	6 yrs & up	Tue	5:30-6:30pm	Sept 11	\$45

Cartooning In Clay | 6 weeks

Each week, kids will sculpt in clay and paint a different well-known cartoon character from animation, comics, etc. Instructor will not duplicate projects for repeat students. **Note:** A \$10 supply fee is due to the instructor the first class.

Instructor: Alan Huck

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2108.403	6 yrs & up	Mon	3:30-5:00pm	Sept 10	\$51

Comic Kids: Create a Comic Book | 8 weeks

Brainstorm, story board, pencil, ink, and color your own original comic book, including story and character development. This hands-on class will allow students to be creative artists as they develop their artistic ability, creative writing skills, and more. Students will receive a copy of their own printed comic!

Note: A \$20 material fee is due to the instructor the first class.

Instructor: ACE Enrichment

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2110.405	6-11yrs	Mon	4:00-5:00pm	Sept 10	\$112
2111.405	6-11yrs	Tue	4:00-5:00pm	Sept 11	\$112

Drawing and Watercolor for Kids | 6 weeks

Using proven methods of contour drawing technique, we will draw from images and freely interpret them with color. Your child's drawing skill will amaze you. Very good confidence building process. **Note:** Bring an 8-color watercolor set to class. A \$7 materials fee for pen and paper is due to the instructor at the first class.

Instructor: Margo Gravelle

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
2120.402	7-11 yrs	Thu	3:30-4:30pm	Oct 4	\$59

Family Fun At The Wheel | 6 weeks

Parent and child together will learn the fundamentals of pottery wheel throwing in this fun class. The basic techniques of throwing will be taught. Beginners and advanced welcome. **Note:** Basic pottery tool kit which can be purchased at any art store is required. A non-refundable \$5 supply fee per enrollee is included in the class fee. Both parent and child must register for class separately. Registration must be completed by mail or walk-in at the Creative Arts Center only.

Instructor: Michael Hirsh

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
2112.402*	7 yrs & up	Thu	3:45-5:00pm	Sept 13	\$54

*Not available for internet registration.

Handmade Paper Beads | 3 weeks

Trend setting paper bead jewelry is colorful, easy and inexpensive to make. You will learn to hand decorate recycled paper into wonderful ceramic look-alike paper beads. Great as friendship bracelets. **Note:** A material fee of \$7 is due to the instructor at the first class.

Instructor: Margo Gravelle

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
2123.402	10 yrs & up	Thu	3:30-5:00pm	Nov 15	\$40

Kids and Clay | 6 weeks

Students will learn to work with clay as they make functional and fun projects like pinch pots, planters and animals. All projects will be glazed and fired. **Note:** A non-refundable \$5 supply fee is included in the class fee.

Instructor: Jack Paul Miller

Location: Creative Arts Center Pottery Studio

Activity #	Ages	Day	Time	Start	Fee
2103.402	6-12 yrs	Tue	4:00-5:00pm	Sept 11	\$49

Master Artists For Kids | 6 weeks

In this fun painting class, kids will learn to paint in the styles of Master Artists such as Picasso, Van Gogh, Monet, and others. A great class for beginners. **Note:** A \$10 supply fee is due to the instructor the first class.

Instructor: Alan Huck

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2104.403	6 yrs & up	Wed	3:30-5:30pm	Sept 12	\$57

World of Mythical Creatures and Monsters | 6 weeks

Kids will have fun sculpting, drawing and painting centaurs, mermaids, dragon and much more. **Note:** A \$10 supply fee is due to the instructor the first class.

Instructor: Alan Huck

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2103.403	6 yrs & up	Thu	3:30-5:00pm	Sept 13	\$51

Youth Pottery Wheel | 6 weeks

Basic techniques of wheel throwing will be taught. Beginners and advanced potters are welcome. Basic pottery tool kit which can be purchased at any art store is required. **Note:** A non-refundable \$5 supply fee is included in the class fee. Parents may enroll in this class.

Instructor: Michael Hirsh

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
2106.402*	11-14 yrs	Wed	3:45-5:00pm	Sept 12	\$54

*Not available for internet registration.

dance

Ballet for the Beginning Ballerina | 9 weeks

Learn the basic ballet techniques and terminology, and enjoy the fun and creativity in your new expression of dance.

Instructor: Kristan Sauter

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1202.405	5-7 yrs	Thu	3:15-3:55pm	Sept 13	\$40

Ballet – Level 3 | 12 weeks

This class is for intermediate and advanced dancers. Pointe work is included with teacher's permission.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2208.403*	8-18 yrs	Fri	5:30-6:25pm	Sept 14	\$68

*Instructor approval required. Not available for internet registration.

Ballet for Boys and Girls | 12 weeks

Ballet is great exercise for the body and mind, and it is used as the foundation for other dance forms. Students will learn basic technique and easy routines in this energetic class.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Level 1

Activity #	Ages	Day	Time	Start	Fee
2219.403	5-7 yrs	Thu	6:00-6:40pm	Sept 13	\$68

Level 2

Activity #	Ages	Day	Time	Start	Fee
2210.403	6-12 yrs	Sat	10:30-11:10am	Sept 15	\$68

Bellydance: Arabian Princess | 11 weeks

Introduce your child to the fun and creative world of belly dancing. Easy, age appropriate dance routines will be taught, as well as different dance styles: classical Egyptian and Cairo "street pop". **Note:** No class on October 4.

Instructor: Zahra Zuhair

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2250.403	6-11 yrs	Thu	5:30-6:15pm	Sept 13	\$58

Beyond Ballet Basics | 9 weeks

Learn ballet techniques and terminology, basic bar work, stretching, placement, and movement. You will also gain the benefits of poise and self-confidence as you learn to dance. Ballet attire required.

Instructor: Kristan Sauter

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2202.405	8-14 yrs	Mon	3:30-4:15pm	Sept 10	\$40
2201.405	8-14 yrs	Thu	4:15-5:00pm	Sept 13	\$40

Dance Performance Workshop | 11 or 12 weeks

Level 1: Children learn basic technique and easy routines in four different styles of dance (Ballet, Tap, Jazz and Spanish). This class prepares children for the advanced level 2 class. **Level 2:** This class is designed to encourage versatility and develop performance skills. Children are trained in ballet, tap, jazz and Spanish dance in this year-round class that combines technique and choreography. This class is for experienced dancers only.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Level 1

Activity #	Ages	Day	Time	Start	Fee
2206.403	5-7 yrs	Wed	5:45-6:55pm	Sept 12 (11 wks)	\$67

Level 2

Activity #	Ages	Day	Time	Start	Fee
2205.403*	7-12 yrs	Fri	4:00-5:25pm	Sept 14	\$85

*Instructor approval required. Not available for internet registration.

Hip Hop for Boys and Girls | 12 weeks

Level 1: Students will learn basic dance technique with hip hop style in this energetic class. They will stretch and turn, and do easy routines to kid friendly music. **Level 2:** The music's jammin', so get your heart pumpin' and your body jumpin'. You'll learn the latest hip hop moves in this high energy class.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Level 1

Activity #	Ages	Day	Time	Start	Fee
2201.403	5-8 yrs	Tue	5:30-5:55pm	Sept 11	\$56

Level 2

Activity #	Ages	Day	Time	Start	Fee
2203.403	7-13 yrs	Tue	6:30-7:10pm	Sept 11	\$68

Hip Hop/Pop Dance and Jazz Dance | 12 weeks

These progressive dance classes build dance skills required for the higher levels of Hip Hop. You will learn basic dance moves, advanced Hip Hop moves, and basic/advanced technique across the floor. Focus is on flexibility, style and showmanship as well as fine tuning performance skills. **Note:** Level 2 dancers will also be learning a Jazz number. Please wear comfortable clothes. No jeans. Bring water. All students must have jazz/ballet shoes & tennis shoes and soft cloth knee pads for floor work.

Instructor: Teri Richardson

Location: Olive Recreation Center

Level 1

Activity #	Ages	Day	Time	Start	Fee
2216.403	8-18 yrs	Mon	4:05-4:55pm	Sept 10	\$80

Level 2*

Activity #	Ages	Day	Time	Start	Fee
2218.403*	8-18 yrs	Mon	4:55-6:00pm	Sept 10	\$90

*Instructor approval required. Not available for internet registration.

Jazz | 12 weeks

The focus is on jazz choreography. **Note:** This class has to be taken concurrently with one of Sandra Dixon's Ballet or Tap classes.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2202.403*	8-18 yrs	Fri	6:30-6:55pm	Sept 14	\$25

*Instructor approval required. Not available for internet registration.

Performance Dance Ensemble | 10 weeks

Designed for the advanced dancer, that does more than one style of dance. The technique part focuses on advanced hip hop, jazz, ballet, and lyrical combinations which include kicks, jumps and turns needed for each style. The conditioning part focuses on flexibility, strength and endurance needed to improve performance skills. **Note:** You must have jazz/ballet shoes & tennis shoes and soft cloth knee pads for floor work. If you have current dance experience and would like to audition, please call the Creative Art Center and set up an audition time.

Instructor: Amanda "Green" Richardson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2226.403*	10 yrs & up	Thu	3:30-5:30pm	Sept 13	\$94

*Instructor approval required. Not available for internet registration.

Pre-Hip Hop/Pop Dance | 12 weeks

This class prepares the dancer for Hip Hop/Pop Dance while learning basic dance and hip hop moves. Our focus is flexibility; timing, ripples and pick-ups which help build confidence and skill. We warm up and dance to popular music making the experience even more fun. **Note:** Please bring water and no jeans. All students must have jazz/ballet shoes & tennis shoes.

Instructor: Teri Richardson

Location: Olive Recreation Center

Level 1

Activity #	Ages	Day	Time	Start	Fee
2214.403	5-7 yrs	Tue	2:30-3:15pm	Sept 11	\$74

Level 2

Activity #	Ages	Day	Time	Start	Fee
2213.403*	5-7 yrs	Mon	3:20-4:05pm	Sept 10	\$74

*Instructor approval required. Not available for internet registration.

afterschool daze**Fee-based supervision for elementary school-aged children**

Registration accepted based on space availability.

\$120 paid monthly

The Burbank Park, Recreation and Community Services Department offers the Afterschool Daze program, an on-site supervised recreational program, for Burbank elementary school children. At Afterschool Daze, we provide a safe environment for children with activities that enhance the children's physical, social and cognitive development. We are also a participating member of the Peace Builders program. This recreational-based program includes elements such as art, crafts, sports, physical activities, fitness, games, science, nature, cooking, special events, homework help and other exciting activities! The program for the 2012/2013 school year will be offered every school day, Monday through Friday, at **Edison, Emerson, Jefferson, Miller** Elementary Schools, and at Olive Recreation Center (servicing **Disney** Elementary School) and Verdugo Park (servicing **Roosevelt** and **Stevenson** Elementary Schools). Burbank Park, Recreation and Community Services Department staff supervises the Afterschool Daze program. The staff is enthusiastic and strives to make Afterschool Daze an exemplary program. In-service trainings and staff meetings are held throughout the school year. Afterschool staff is CPR and First Aid certified. Afterschool Daze offers supervision from regular dismissal time at your school (including early Tuesday dismissals) until 6:00pm. We do not have coverage available for "early birds" or early kindergarten release.

For more information, please call (818) 238-5378

DROP-IN**AFTERSCHOOL DAZE PLAYGROUNDS**

at McKinley and Providencia Elementary Schools

This drop-in Afterschool Daze program offers supervised activities for children at McKinley and Providencia Elementary Schools. Staff are on the playground from 2:30-5:00pm to provide activities for the school children. Activities include homework help, sports & games, crafts, special events, and many other fun activities! The program is free and operates each school day. (August 2012-May 2013).

Parents must register their children with Afterschool Daze staff before attending the program.

Staff will be at the playground from 2:30-5:00pm

during the school year.

THIS PROGRAM IS A DROP-IN PROGRAM.

PLEASE BE AWARE THAT THIS IS NOT CHILD CARE.

All aspects of this program are subject to change.

Call (818) 238-2378 to confirm.

Spanish Dance | 12 weeks

Expand your classical dance training to include Spanish Dance in the neoclassical style. Students must be currently enrolled in ballet or tap classes with Sandra Aiena-Dixon to qualify for this class.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2212.403*	8 yrs & up	Fri	7:45-8:15pm	Sept 14	\$25

*Instructor approval required. Not available for internet registration.

**Tap Dance – Level 3 | 12 weeks**

This class is for intermediate and advanced dancers.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	2225.403*
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Ages	8 yrs & up
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Day	Fri
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Time	7:00-7:40pm
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Start	Sept 14
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Fee	\$58
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*Instructor approval required. Not available for internet registration.

Tap for Boys and Girls | 12 weeks

Tap dancing is fun and great exercise. This class introduces the fundamentals. Students learn basic steps and easy routines. Make it a combo class by taking Ballet for Boys and Girls immediately preceding this class.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Level 1

Activity #	Ages	Day	Time	Start	Fee
2211.403	5-7 yrs	Thu	6:45-7:10pm	Sept 13	\$56

Level 2

Activity #	Ages	Day	Time	Start	Fee
2215.403	6-12 yrs	Sat	11:15-11:40am	Sept 15	\$56

Theatrical Combination Dance | 10 weeks

This combination class focuses on beginning and advanced technique to strengthen each dancers theatrical dance skills. If you love to dance or need training for show choir, theater, or film, then this high energy class is for you. **Note:** Please wear comfortable clothes; bring jazz/ballet shoes and tennis shoes and soft cloth knee pads for floor work.

Instructor: Amanda "Green" Richardson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2209.403	8 yrs & up	Tue	3:20-4:20pm	Sept 11	\$76

martial arts**Jr. Karate | 9 weeks**

Empower kids to deal-with common threats including bullying, abduction and school violence. Our age appropriate curriculum and exclusive Kibukan® system offers the best mix of traditional structure, modern training and realistic self-defense. Students also learn important life skills including "stranger danger", focus, coordination, memory and discipline, giving them a healthy advantage in life. **Note:** A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

New Students & White Belts

Activity #	Ages	Day	Time	Start	Fee
2601.405	6-12 yrs	T/Th	6:00-6:45pm	Sept 11	\$191

Yellow- Black Belts

Activity #	Ages	Day	Time	Start	Fee
2602.405	6-12 yrs	T/Th	6:00-6:45pm	Sept 11	\$191

Jr. Karate Boot Camp | 4 weeks

Take advantage of this once-a-year opportunity to experience the entire Karate curriculum from white to black belt. Training covers kicking, punching, grappling, forms and self-defense. Whether you are an existing student that needs a review, wants a head start on what's next or a first time participant, this course is for you.

Note: A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2614.405	6-12 yrs	T/Th	6:00-6:45pm	Nov 27	\$101

Jr. Karate Sport | 8 weeks

Explore the sporting application of Jr. Karate through competitive sparring. Students refine and apply their skills in a dynamic high energy atmosphere using protective gear in a safety conscious environment. Sparring also allows the student to develop and improve their control, distance, form, focus, eye intensity, awareness, reflexes, coordination, and timing. **Note:** Participation is contingent upon concurrent enrollment in Jr. Karate and instructor approval for first time enrollees.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2604.405	6-12 yrs	Mon	6:00-6:30pm	Sept 10	\$71

Jr. Kobudo | 9 weeks

Explore the mystique of Karate weapons for fun, health, physical conditioning and self-defense. Powered by the exclusive Kibukan® system, our age appropriate curriculum promotes balance, muscle control, flexibility and focus. Various weapons also help condition specific muscle groups for developing a stronger body, peaceful attitude and sense of balance. **Note:** A \$55 start-up fee is due at the first class for new students. Must be minimum age of 8yrs old or Brown belt and up in Jr. Karate.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2600.405	6-12 yrs	Wed	6:00-6:45pm	Sept 12	\$103
2605.405	6-12 yrs	Sat	10:00-10:45am	Sept 15	\$103
2610.405	6-12 yrs	Wed/Sat	Varied	Sept 12	\$191

Jr. Kobudo Sport | 8 weeks

Explore the sporting application of weapons through competitive sparring. Students refine and apply their skills in a dynamic high energy atmosphere using protective gear in a safety conscious environment. Sparring also allows the student to develop and improve their control, distance, form, focus, eye intensity, awareness, reflexes, coordination, and timing. **Note:** Participation is contingent upon concurrent enrollment in Jr. Kobudo and instructor approval for first time enrollees. Required equipment is available for an additional cost.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2607.405	8-12 yrs	Mon	7:00-7:30pm	Sept 10	\$71

Jr. Masters Academy | 8 weeks

Maximize your time, training opportunity and cost savings with a comprehensive martial arts experience that includes all classes for Jr. Karate, Kobudo and their Sport extensions. Invest in your future and be part of history by training in arts passed down for centuries through our direct lineage. Additional Instructions: All requirements for individual programs apply.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2613.405	6-12 yrs	M,T,W,Th,Sat	Varied	Sept 10	\$349

music

Guitar (Group Class) | 8 weeks

Learn basic strumming and chords along with reading of music and learning the treble clef scale. Musical concepts that go along with the guitar instruction manuals which are age appropriate that the instructor in teaching. This program is designed to be a progressive program and there are 2 levels to each series of books. **Note:** Must have own guitar to participate in this class. A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2540.405	5-7 yrs	Sat	2:10-2:55pm	Sept 15	\$125
2554.405	8-11 yrs	Sat	3:00-3:45pm	Sept 15	\$125
2553.405	12 yrs & up	Sat	3:45-4:30pm	Sept 15	\$125

Guitar, Introductory | 8 weeks

Learn basics chords, scales and rhythm for rock, blues, country and pop. Play and perform with a class of students led by guitar player and instructor Tom Moese. Class is designed to nurture guitar skills, creativity and motivation, as well as general musical knowledge. Multi levels available. **Note:** Students must provide their own guitar.

Instructor: Tom Moese

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2507.403	9 yrs & up	Mon	4:00-5:00pm	Sept 10	\$84
2508.403	9 yrs & up	Mon	5:00-6:00pm	Sept 10	\$84
2509.403	9 yrs & up	Mon	6:00-7:00pm	Sept 10	\$84

Musical Theater | 8 weeks

Students are taught basic theatre skills as well as vocal techniques and put them into practice in a small scale-musical play. A performance for family and friends will be held at the end of the session. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2557.405	5-12 yrs	Mon	6:00-6:45pm	Sept 10	\$125
2558.405	5-12 yrs	Sat	11:40am-12:25pm	Sept 15	\$125

Piano, Beginning (Group Class) | 8 weeks

Classes are offered with a foundation for Music Theory and basic concept of reading music. Each student is provided with their own keyboards to use which KMNM brings each week. This program is designed to be a progressive program and there are 4 levels to each series of books. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
1511.405	7-10 yrs	Mon	4:15-5:00pm	Sept 10	\$125
2547.405	7-12 yrs	Sat	3:00-3:45pm	Sept 15	\$125

Piano, Returning (Group Class) | 8 weeks

Classes are offered with a foundation for Music Theory and basic concept of reading music. Each student is provided with their own keyboards to use which KMNM brings each week. This program is designed to be a progressive program and there are 4 levels to each series of books. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2543.405	4-6 yrs	Sat	2:10-2:55pm	Sept 15	\$125

Rock Class | 8 weeks

Join our rocking teachers as we form our own rock band and practice towards a performance at the end of the session. Instead of playing rock band on your game machines, come learn the real thing! Students will be introduced to drumming, guitar, bass, vocals, and more! No music experience necessary. Instruments included. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2556.405	7-12 yrs	Sat	9:00-9:45am	Sept 15	\$125



Ukulele, Group | 8 weeks

Learn basic strumming and chords along with reading of music and learning the treble clef scale. Classes are taught in a group setting in which each child must provide their own Ukulele, which may be purchased directly from KMNM or from an outside source. We explore musical concepts that go along with the Ukulele instruction manuals which are age appropriate for the age group that the instructor is teaching. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2900.405	5-7 yrs	Sat	10:00-10:45am	Sept 15	\$125
2901.405	8-12 yrs	Sat	10:50-11:35am	Sept 15	\$125

Violin, Beginning | 8 weeks

In our fun and innovative group violin classes, children learn posture, rhythm, and bowing while building a concrete foundation for learning to read music. Basic techniques will be taught in this class as well as children being introduced to basic music theory. **Note:** Violins are required for each student. You may call Kids Music N' Motion for specifics at 310-373-0280. A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2560.405	8-11 yrs	Wed	4:15-5:00pm	Sept 12	\$125
2562.405	8-11 yrs	Sat	12:30-1:15pm	Sept 15	\$125

Voice, Group | 8 weeks

Group voice class with the theory that all children enjoy singing when given the right encouragement. All different types of music are sung in this interactive and hands-on class. Children will learn about breath control, head voice, matching pitch and phrasing. Music theory is also taught in this class. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2541.405	5-12 yrs	Mon	5:15-6:00pm	Sept 10	\$125
2561.405	5-12 yrs	Sat	9:00-9:45am	Sept 15	\$125



special interest

**Acting for Film and Television | 8 weeks**

With the emphasis on fun, students will learn basic acting skills developing confidence and self esteem required for a film or television audition. The class will consist of games, character development and scene study.

Instructor: Claire Jacobs

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2525.405	7-12 yrs	Thu	4:30-5:20pm	Sept 13	\$90

Afterschool Cooking | 9 weeks

Calling all young chefs! Whether you want to spice up your afternoon snacks or learn to cook an entire meal for your family, this class will focus on basic cooking essentials and kitchen safety. Each week the class will participate in cooking one recipe and then they'll get to eat their savory creations! **Note:** A \$10 supply fee is due to instructor at first class meeting.

Instructor: Recreation Staff

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2501.405	6-10 yrs	Mon	3:30-4:30pm	Sept 10	\$34

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2501.404	6-10 yrs	Thu	3:30-4:30pm	Sept 13	\$34

Chess Club | 9 weeks

Does your child need a fun way to improve critical thinking? Chess is a great solution! From the beginner chess player to the advanced chess player this class will provide all the tactics and strategies needed to play a competitive chess game.

Instructor: Kevin Bulone

Location: Verdugo Log Cabin

Activity #	Ages	Day	Time	Start	Fee
2507.404	5-12 yrs	Mon	5:00-6:00pm	Sept 10	\$30

Location: McCambridge Recreation Center (No class on October 31)

Activity #	Ages	Day	Time	Start	Fee
2507.405	6-14 yrs	Wed	5:00-6:00pm	Sept 12	\$30
2508.405	8-15 yrs	Wed	6:30-7:30pm	Sept 12	\$30

Chess Club – Advanced Skills | 9 weeks

Good at chess but want to learn more advanced skills used in tournament play? In this class you will learn how to write down moves, use a chess clock, learn to analyze your game and other skills necessary to compete in the major chess tournaments. **Note:** Instructor approval required for this class. Instructor can access new students at first class.

Instructor: Kevin Bulone

Location: Verdugo Log cabin

Activity #	Ages	Day	Time	Start	Fee
3403.404	8-15 yrs	Mon	6:10-7:10pm	Sept 10	\$30

Children's Theater Adventure | 6 weeks

A fun-filled adventure of theatre games, acting exercises and make believe, all while building skills in concentration, listening and cooperation. Taught by professional actors from the Ovation Winning Grove Theater Center. **Note:** Registration for this class must be completed through the Burbank Park, Recreation and Community Services Department. Registration is not accepted at the Grove Theater.

Instructor & Location: Grove Theater Center
1111B Olive Avenue, Burbank CA 91506

Activity #	Ages	Day	Time	Start	Fee
2537.403	7-9 yrs	Sat	2:30-4:00pm	Sept 15	\$98

Chocolate Fever | 4 weeks

Chocolate lovers will be in heaven as we prepare yummy chocolate treats each week. Bring your sweet tooth! **Note:** A \$5 fee due at the first class.

Instructor: Recreation Staff

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2503.404	6-10 yrs	Fri	3:30-4:30pm	Sept 14	\$20

Fall Treats & Gruesome Goodies | 4 weeks NEW

Have fun making fall treats and creating some gruesome Halloween goodies! There's no tricks to cooking up these treats! **Note:** A \$5 material fee due at the first class.

Instructor: Recreation Staff

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2502.404	6-10 yrs	Fri	3:30-4:30pm	Oct 12	\$20

Fencing | 9 weeks

The sport of fencing is fun, challenging and a great work-out! Fencing is a great hobby. Learn this specific art form that will enable you to develop balance, discipline and self-esteem. **Note:** The uniform and equipment rental fee is \$35, payable at the first class.

Instructor & Location: Swords Fencing Studio
2115 N Glenoaks Blvd. Burbank CA

Activity #	Ages	Day	Time	Start	Fee
2503.416	8-14 yrs	Mon	5:30-6:30pm	Sept 10	\$112
2501.416	8-14 yrs	Fri	5:30-6:30pm	Sept 14	\$112
2502.416	8-14 yrs	Sat	12:30-1:30pm	Sept 15	\$112

Hand Sewing | 12 weeks

This class is for both beginning and intermediate students. Beginners will be learning the basic stitches. Intermediate students will move on to more advance stitchery. All students need to bring a sharp pair of sewing scissors. Mothers are always welcome to take the class along with their daughter or son. **Note:** A \$12.00 supply fee is due to the instructor at the first class for beginning students. Supply fee for intermediate students will vary according to project choice

Instructor: Lynne Roznowski

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2510.403	8 yrs & up	Wed	3:30-5:00pm	Sept 12	\$78

Hand Sewing Plus Machine | 9 weeks

This class is a continuation of class #2510.403. You will learn the basic fundamentals of your machine through your machine manual. The sewing machine must be in perfect running order and the machine manual must be brought to every class. Large sewing machines only, no small youth sewing machines. **Note:** Class can be taken for \$68, if concurrently enrolled in Hand Sewing #2510.403.

Instructor: Lynne Roznowski

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2501.403	8 yrs & up	Wed	5:15-6:45pm	Sept 12	\$78

Intro to Leadership and Public Speaking | 6 weeks

Learn to be a fearless public speaker! Our course helps students build confidence and communication skills. By using hands-on activities, students have fun learning about body language, critical thinking, and leadership skills. We focus on developing etiquette and life skills for students that will last a lifetime. The workshop style of the class provides one-on-one feedback from the instructor in a comfortable atmosphere. **Note:** A \$35 materials fee is due at the first class.

Instructor: Young Ambassadors

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2995.405	8-10 yrs	Tue	4:00-5:00pm	Sept 11	\$95
2996.405	11-13 yrs	Tue	5:00-6:00pm	Sept 11	\$95

Mad Science – It's All About the Science! | 6 weeks

Become a Scientist-in-Training in Mad Science this fall as we explore the farthest reaches of our Solar System and build a model space station. Then witness an underwater volcano, watch chemical reactions and discover the science behind famous magic tricks. It truly is ALL about the science this fall in Mad Science **Note:** A \$38 materials fee is due at the first class.

Instructor: Mad Science of Los Angeles

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2510.405	6-12 yrs	Thu	4:00-5:00pm	Sept 13	\$72



Open Sky – Busy Bee | 8 weeks

This class inspires children to discover the world of aviation through fun activities based on engineering, science, geometry, history, and the governance of past and future aviation. Participants will work together, learning through discovery, to build their own planes. **Note:** A \$25 materials fee is due to the instructor at the first class.

Instructor: Noel Famatiga

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2506.404	6-12 yrs	Tue	3:00-4:30pm	Sept 11	\$75

Professor Egghead Engineering with LEGO | 8 weeks

Join the Egghead Engineering team as we build real-world structures and machines using principles of structural and mechanical engineering! Using LEGOs as our building materials, students move their way through challenges professional engineers face every day. Each week students face more advanced challenges to push the limits of creativity and ingenuity. New students welcome! No experience required. All materials provided.

Instructor: ACE Enrichment

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2115.405	5-8 yrs	Fri	4:00-5:00pm	Sept 14	\$112

Singing and Stage Presence | 8 weeks

Learning to sing is a positive and exciting experience. Voice lessons are an important part of the singing profession. Through voice lessons, a singer learns how to breathe properly and find his or her own style of singing. **Note:** No class on October 31.

Instructor: Andrea Vicich

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2511.403	6-12 yrs	Tue	5:30-6:00pm	Sept 11	\$75
2513.403	6-12 yrs	Tue	6:00-6:30pm	Sept 11	\$75

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2520.405	6-12 yrs	Wed	5:30-6:00pm	Sept 12	\$75
2521.405	6-12 yrs	Wed	6:00-6:30pm	Sept 12	\$75

Spanish Immersion Class | 10 weeks

Your child will learn a new language and have a blast in the process. Our dynamic classes incorporate music, games, storytelling and more to keep children immersed and engaged in the language. **Note:** A \$40 materials fee is due at the first class (includes workbook, flashcards, and a CD).

Instructor: Martha Duarte, Langokids

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
2514.410	6-8 yrs	Sat	11:00-11:45am	Sept 15	\$160

Sport Trading Card Collectors Class | 4 weeks

Learn about the value and fun of collecting sports trading cards. Students will gain knowledge on how to trade, grade and protect their cards. Class will offer info on sports memorabilia, how to determine monetary values, and more. Possible class meetings at local sports memorabilia and trading card stores in Burbank. Some trading will be allowed with staff supervision.

Instructor: Recreation Staff

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2403.404	10-15 yrs	Tue	3:45-4:45pm	Oct 11	\$20

StarMakers Musical Workshop | 9 weeks

Let's put on a show! Sing songs and dances from the musical theatre stage, taught by a veteran of the stage. We will train you to put your skills together the way they do on old Broadway. There will be a grand performance on the last class meeting with opportunities for solo work as well as group production numbers. A challenging fun loving experience.

Instructor: Kristan Sauter

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2206.405	7-15 yrs	Mon	4:15-5:15pm	Sept 10	\$70

Wizards Workshop | 8 weeks

We hereby invite you to attend our Magic Workshop. Learn highly effective magic tricks that will knock the socks off onlookers and create instant Merlins in the process! Participants take home all tricks and materials and classes are taught by real Magicians! **Note:** A \$20 materials fee is due at the first class.

Instructor: ACE Enrichment

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2114.405	6-11yrs	Tue	5:00-6:00pm	Sept 11	\$112



sports / fitness

**Basketball Development** | 5 weeks

Basic instruction in basketball fundamentals that will help develop skills and game knowledge. Emphasis will be on having fun in game situations.

Instructor: Recreation Staff

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2403.404	7-10 yrs	Thu	3:30-4:30pm	Oct 11	\$25

Boys & Girls Progressive Co-Ed Class | 8 weeks

NON-COMPETITIVE Introductory gymnastics at its best! Skills are taught following our specially designed curriculum and PERSONAL BEST philosophy which provides a safe and successful experience for all children, raising their self-esteem. Patient, kind and caring instructors help children learn gymnastics skills on tumbling, trampoline, bars, rings, beams and vaulting. **Note:** Registration for this class must be completed through the Burbank Park, Recreation and Community Services Department. Registration is not accepted at Fun and Fit Gymnastics.

Instructor & Location: Fun and Fit Gymnastics (818) 845-0700
1919 W. Burbank Blvd., Burbank, CA 91506

Activity #	Ages	Day	Time	Start	Fee
2410.417	6-13 yrs	Tue	7:15-8:15pm	Sept 11	\$114

Football Fundamentals | 4 weeks

Learn and develop basic football skills that can be used in flag or tackle football. Drills, plays and techniques will be taught for both offense and defense. Are you ready for some football?

Instructor: Recreation Staff

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2400.404	7-10 yrs	Thu	3:30-4:30pm	Sept 13	\$20

Gymnastics, Performance - Level 3 | 12 weeks

This class learns the upper levels for competitive gymnastics. Routines will be introduced and everyone will get a chance to perform.

Instructor: Sheryl Donovan

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2404.403*	6-15 yrs	Wed	6:15-7:35pm	Sept 12	\$162

*Instructor approval required. Not available for internet registration.

burbank bmx/skate park



1625 North Valley Street

ANNUAL PASSES 1/2 Price NOW!

FEES:	RESIDENT /NON-RES	*ID CARD
Yearly:	\$25/ \$30	--
Weekly:	\$8 /\$10	\$5
Daily:	\$3/\$5	\$5

*I.D. Card is a one-time fee.

Be on the lookout for Special Events in October!

BIKE AND SKATE SESSIONS WILL BE DESIGNATED

Monday - Thursday	4:00 - 7:00 pm
Friday	4:00 - 9:00 pm
Saturday	12:00 - 9:00 pm
Sunday	12:00 - 5:00 pm

All riders must be registered and have a parent-signed waiver on file to use at the park. Register at the Burbank BMX/Skate Park. Parent must be present when waiver is signed.

All riders are required to wear a helmet, elbow pads, and knee pads.

BMX BIKE/SKATE PARK RENTAL

Reserve the park for parties and other special occasions for a minimum of 2 hours. Call (818) 238-5300 for details.

SPECIAL THANKS TO OUR SUPPORTERS

Active, Boarders, Diamond, Kosher Skateboards NE1, Street Surfing, Synopsis Skateboards, Unofficial Celebrity, Young & Reckless, Val Surf, H+S Bikeshop, Burbank Bike Shop, Burbank Music Academy, Neighborhood School of Rock, UNoHo, Buddy's All Stars, and Montrose Bike Shop

iPLAY All Sports Academy | 8 weeks

Get ready to play the right way, by having fun! Basketball, soccer, flag-football and more are practiced and played. Students will practice and play the world's most popular sports each week. Build self-confidence and a healthy lifestyle in a non-competitive sports environment. All skill levels welcome! **Note:** No class on October 31.

Instructor: ACE Enrichment

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2410.405	6-8 yrs	Wed	3:20-4:20pm	Sept 12	\$96
2411.405	9-12 yrs	Wed	4:30-5:30pm	Sept 12	\$96

Pee Wee Sports And Games | 9 weeks

Skill development and fundamentals are emphasized in a fun class for the active young sports person. Teamwork and good sportsmanship are stressed. Five year olds must be currently enrolled in kindergarten.

Instructor: Recreation Staff

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2402.404	5-7 yrs	Tue	2:45-3:30pm	Sept 11	\$34

Skateboarding for Beginners | 3 weeks

Been checking out all the skateboarders around town? Well now you can be a skater too. In this three week class, students will learn the basics of skateboarding, including: safety, stance, pushing, stopping and turning. This class is intended for beginners with little or no experience. All participants must be registered and have a parent signed waiver. Skaters must have a helmet, elbow pads and knee pads.

Instructor: Recreation Staff

Location: Valley Skate Park

Activity #	Ages	Day	Time	Start	Fee
2410.404	6-8 yrs	Mon	3:30-4:30pm	Sept 10	\$25
2411.404	6-8 yrs	Mon	3:30-4:30pm	Oct 8	\$25
2415.404	6-8 yrs	Mon	3:30-4:30pm	Nov 26	\$25

Skateboarding for Advanced Beginners | 3 weeks

Beginning skaters can build your skills to include jumps, ollies, rails and the bowl. Instructors will evaluate skills of each skater to ensure correct enrollment. All participants must be registered and have a parent signed waiver. Skaters must have a helmet, elbow pads and knee pads.

Instructor: Recreation Staff

Location: Valley Skate Park

Activity #	Ages	Day	Time	Start	Fee
2412.404	7-10 yrs	Wed	3:30-4:30pm	Sept 12	\$25
2413.404	7-10 yrs	Wed	3:30-4:30pm	Oct 10	\$25
2414.404	7-10 yrs	Mon	3:30-4:30pm	Nov 28	\$25

yoga

Kundalini Yoga for Children | 9 weeks

The Teachings are based on the Radiant Child Yoga Program (RCYP). Studies show that yoga is an effective self-help therapy for ADD/ADHD, Autism, and general health and well-being of all children. This is a fantastic way to introduce your child to yoga games, songs, breath meditations, relaxing visualizations, and fun yoga.

Note: Please bring an exercise or yoga mat.

Instructor: Jutsan Daal

Location: Verdugo Log Cabin

Activity #	Ages	Day	Time	Start	Fee
2701.404	5-10 yrs	Mon	3:30-4:15pm	Sept 10	\$49

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
2701.403	5-10 yrs	Tue	3:30-4:15pm	Sept 11	\$49

junior docents

Ages 8 to 14 Years

\$24 annual fee

For the nature lover in your family!

Children will learn about native plants and animals, ecological concepts and interpretive skills. Hikes and nature projects are included. Service learning hours available. Meets the 1st Saturday (9am - 10:30am) and the 3rd Sunday (3pm - 4:30pm) of each month.

**Contact 818.238.5440
for registration information**

home school nature adventure

**For 6 – 12 Years and Parent**

Second and fourth Tuesday of the month
(January – May) 10:00 – 11:30 a.m.
\$5 per child (\$4 per additional sibling)

STOUGH CANYON NATURE CENTER

Learn about the environment through
hikes, crafts, projects and games!

Call 818.238.5440 for more information

art

Artistic Italian Tiles | 3 weeks

Create beautiful "old world" Spanish and Italian glazed tiles in the style of Majorca. Using some ancient designs and incorporating contemporary ones, your hand painted tiles will delight and surprise you. **Note:** Materials fee for tiles due to the instructor at the first class (\$5 - \$12 for tile, glaze, & fire fees).

Instructor: Margo Gravelle

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4102.402	13 yrs & up	Thu	9:30am-12:00pm	Sept 27	\$52

Basic Drawing | 7 weeks

This is the perfect "starter" class for the first time art student. Classes will include working with pencil, charcoal and chalk pastels. **Note:** Materials list required.

Instructor: Paulette Roussel

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4101.402	13 yrs & up	Tue	6:45-8:45pm	Sept 11	\$63

Beatlemani-ART | 8 weeks

Fans will love this Fab art class, creating original art inspired by the music, fashion, and images of The Beatles. Discuss lyrics and listen to a favorite song while drawing and painting watercolors. Johnathon Gallagher is an aficionado on The Beatles as well as an award winning multi-media artist.

Instructor: Johnathon Gallagher

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4139.402	15 yrs & up	Tue	3:30-5:30pm	Sept 11	\$56

Drawing Techniques | 7 weeks

Students will be introduced to different ways of drawing while utilizing multiple materials. Expect to explore various aspects of perspective drawing, composition, texture and value studies. Great for the beginning and intermediate artist. **Note:** Materials list required.

Instructor: Jack Paul Miller

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4109.402	18 yrs & up	Tue	1:00-3:00pm	Sept 11	\$55

Hand Spinning | 9 weeks

Learn to spin your own yarn using a hand spindle or spinning wheel. Learn to prepare fiber for spinning and how to ply the yarn for use in knitting, crochet or weaving. Equipment provided or bring your own. For all levels.

Note: Supply fee of \$15 is due to the instructor at the first class.

Instructor: Anna Zinsmeister

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4142.402	13 yrs & up	Wed	6:00-9:00pm	Sept 12	\$92

jewelry making

**Jewelry Making Basics**

7 weeks

Create jewelry you'll want to wear! You will learn the skills to make necklaces, bracelets and earrings with beads of your choice and color using proper jewelry tools. **Note:** Materials will cost approximately \$70. Materials list required.

Instructor: Paulette Roussel

Location: Creative Arts Center

Activity#	4122.402
Ages	13 yrs & up
Day	Mon
Time	1:00-3:00pm
Start	Sept 10
Fee	\$65

Activity#	4124.402
Ages	13 yrs & up
Day	Thu
Time	6:45-8:45pm
Start	Sept 13
Fee	\$65

Activity#	4125.402
Ages	13 yrs & up
Day	Fri
Time	3:30-5:30pm
Start	Sept 14
Fee	\$65



Holiday Décor-3 Projects

12 weeks

First 5 weeks will be a comical paper clay MUMMY head to sit upon a tall wrapped wire body. Second 5 weeks will be a paper clay Snowball Princess (head on a pre sewn cloth body sitting in a constructed shadow box). Last 2 weeks will be building a gingerbread house and decorating with lots of candy. **Note:** A one-time supply fee, for all 3 projects of \$50 will be due to the instructor on the

first day of class. Students need to provide some fabric for the Snowball Princess and candy for their Gingerbread House.

Instructor: Lynne Roznowski

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4101.403	18 yrs & up	Wed	7:15-8:45pm	Sept 12	\$80

Live Model Workshop | 8 weeks

This workshop is designed for those who can paint and/or draw independently, without instruction, using any media. Registration includes model fee. Class minimum registration of 8 students must be reached by January 4. Registration is now being accepted. Checks for this class must be made out to: Fine Arts Federation. **Note:** Walk-in registration is accepted at the Creative Arts Center only.

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4143.402*	18 yrs & up	Wed	9:30am-12:30pm	Sept 12	\$70

*Not available for internet registration.

Mixed-Media Collage | 6 weeks

Experience the fundamentals of collage as a visual language. The focus is on personal expression with both representational and abstract styles considered. You will be encouraged to experiment and develop your own personal style. **Note:** Materials list required.

Instructor: Lois Ramirez

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4106.402	18 yrs & up	Wed	1:00-3:00pm	Sept 12	\$75

Painting, Acrylics | 6 weeks

All levels of experience are welcome. Students will learn how to paint realistically from life and photos, while using eco-friendly acrylics, with results mirroring oil paint. Each class consists of a painting demonstration followed by one-on-one instruction. **Note:** Materials list required.

Instructor: Christina Ramos

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4134.402	13 yrs & up	Fri	10:00am-12:00pm	Sept 14	\$73

Painting, Introduction to | 6 weeks

Whether this is your first opportunity to explore the world of art or you are already into it and need some guidance and direction, this class is for you. Acrylics or oils are welcome. Supplies will be discussed at first class. **Note:** Please bring newsprint pad and a \$2.50 material fee for a "Pentel" pen to first class.

Instructor: Margo Gravelle

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4108.402	13 yrs & up	Thu	9:30-11:30am	Oct 18	\$72

Painting, Oil | 8 weeks

Brush up on your skills and make your paintings come alive with the help of a professional painter. Scenic Artist Johnathon Gallagher offers first hand advice on the secret success in basic oil painting techniques. Class covers priming, composition, color blending, texture painting and glazing. **Note:** Materials list required.

Instructor: Johnathon Gallagher

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4138.402	15 yrs & up	Fri	1:00-3:00pm	Sept 14	\$56

Painting, Watercolor Impressions | 8 weeks

Basics of how to start a watercolor are covered, with emphasis on materials, glazes and washes, mixing and choosing color, composition and design, and surface techniques. Still life set-ups and working from landscapes will be explored. **Note:** Materials list required. A \$10 supply fee is due to the instructor at the first class meeting.

Instructor: Valia Hristova

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4129.402	13 yrs & up	Mon	6:00-8:00pm	Sept 10	\$80

Painting, Watercolor Int/Adv | 9 weeks

Explore the variety of experimental techniques with water base paints. A still life project will be available each week. Students may work on their drawing as well. A critique will be given each week on class or individual projects.

Instructor: Pam McDonald

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4110.402	18 yrs & up	Mon	9:30-11:30am	Sept 10	\$81



Pottery | 9 weeks

Level 1 - Beginning: Students will learn various methods of hand construction with high fire stoneware clay. Pinch, slab and coil techniques and introduction to glazing will be covered. No pottery wheel instruction in the Level 1 class. **Level 2 - Intermediate/Advanced:** Classes will include individual instruction in the techniques of wheel throwing, hand building and glazing. Students will expand upon their knowledge of what was learned in Level 1 classes. Beginning Pottery (Level 1) is a pre-requisite for Intermediate/Advanced (Level 2).

Location: Creative Arts Center

Instructor: Maria F. Santistevan **Level 1**

Activity #	Ages	Day	Time	Start	Fee
4116.402*	18 yrs & up	Thu	1:00-3:00pm	Sept 13	\$48

*Not available for Internet registration.

Instructor: Jack Paul Miller **Levels 1 & 2**

Activity #	Ages	Day	Time	Start	Fee
4114.402	18 yrs & up	Mon	7:00-9:00pm	Sept 10	\$48
4115.402	18 yrs & up	Tue	6:00-9:00pm	Sept 11	\$70

Instructor: Debbie Henson **Level 2**

Activity #	Ages	Day	Time	Start	Fee
4111.402	13 yrs & up	Mon	12:30 - 2:30pm	Sept 10	\$48
4117.402	18 yrs & up	Tue	1:00-3:00pm	Sept 11	\$48

Instructor: Judy Springborn **Level 2**

Activity #	Ages	Day	Time	Start	Fee
4112.402	18 yrs & up	Wed	7:00-9:00pm	Sept 12	\$48

Instructor: Veronica Ferrantelli **Level 2**

Activity #	Ages	Day	Time	Start	Fee
4118.402	13 yrs & up	Thu	6:00-9:00pm	Sept 13	\$70

Instructor: Barbara Rog **Level 2**

Activity #	Ages	Day	Time	Start	Fee
4119.402*	18 yrs & up	Tue	9:30-11:30am	Sept 11	\$48
4120.402*	18 yrs & up	Wed	9:30-11:30am	Sept 12	\$48
4121.402*	18 yrs & up	Thu	9:30-11:30am	Sept 13	\$48

*Not available for Internet registration.

Pottery, Extruded Ceramics | 9 weeks

Projects are designed to familiarize you with this fascinating machine and stimulate your creativity while producing a variety of hand-built pottery. **Note:** A non-refundable supply fee of \$10 is included in class fee. Glaze and firing fee apply.

Instructor: Jack Paul Miller

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4127.402	18 yrs & up	Mon	4:00-6:00pm	Sept 10	\$58

Pottery, Friday Night At The Pottery Studio | 9 weeks

This class is designed for beginning through advanced pottery students. Beginners will learn the basics in pottery making, while intermediate/advanced students may work on their own projects with technical assistance from the instructor, if desired. **Note:** Materials list required for beginning students.

Instructor: Michael Hirsh

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4132.402	13 yrs & up	Fri	4:00-7:00pm	Sept 14	\$70

Pottery, Wheel and Glaze | 9 weeks

Learn how to throw, trim and glaze in this comprehensive class. This class is designed to help the beginner through advanced student improve and develop their pottery skills. Basic and advanced glazing techniques will be taught. Hand builders are also welcome. **Note:** Materials list required for beginning students.

Instructor: Michael Hirsh

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4123.402	15 yrs & up	Wed	1:00-3:00pm	Sept 12	\$48

Precious Metal Clay (PMC) – Level 1 | 3 weeks

In 3 separate sessions you will learn various techniques of working with either bronze or silver metal clay. Projects will address forming techniques, mold making, and pre-firing refining. Be prepared to purchase PMC3 metal clay (25 gm about \$63) or original Bronzclay (100 gm about \$25) from the instructor at the first class. **Note:** All tools are supplied, but do bring buttons, stamps, and sources of texture (shells, leaves, etc.) and a sketch book. A \$10 firing fee is due to the instructor at the first class meeting.

Instructor: Joan Gamberg

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4131.402	13 yrs & up	Sat	9:30am-12:00pm	Sept 15	\$78

Precious Metal Clay (PMC) – Level 2 | 3 weeks

This is a class for continuing students to address specific projects of their choosing, including ring and bead making, variations on bezels and bails, carving and mold forming, and combining materials by torch firing. Be prepared to purchase PMC3 metal clay (25 gm about \$63) or original Bronzclay (100 gm about \$25) from the instructor at the first class. **Note:** All tools are supplied, but do bring buttons, stamps, and sources of texture (shells, leaves, etc.) and a sketch book. A \$10 firing fee is due to the instructor at the first class meeting.

Instructor: Joan Gamberg

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4133.402	13 yrs & up	Thu	6:30pm-9:30pm	Oct 4	\$78

Weaving | 9 weeks

Learn the techniques of inkle, rigid heddle two-shaft, or four-shaft weaving. Try them all, then choose your favorite and make projects including scarves, placemats, bags, camera straps, and belts. **Note:** Supply fee of \$10 is due to the instructor at the first class.

Instructor: Anna Zinsmeister

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4144.402	13 yrs & up	Wed	6:00-9:00pm	Sept 12	\$92

dance

**Ballet** | 11 or 12 weeks

Classical ballet improves concentration, flexibility, endurance and is used as a foundation for other dance forms. The fundamentals of classical ballet technique are introduced and developed in this class which includes barre, floor stretch, and center work. Barre work will start at the introductory level and progress in difficulty over the session.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4200.403	12 yrs & up	Wed	7:00-7:40pm	Sept 12	\$58
4202.403	12 yrs & up	Thu	7:15-7:55pm	Sept 13 (12 wks)	\$63

Bellydance | 10 weeks

Level 1: is a basic introduction to Bellydance for persons with no prior experience or for those who would like to polish their basics. **Level 2:** Intermediate students practice expanding on basic form, developing style and learning routines. Recommended: Mastery of basic step patterns and movement, at least one session of Level 1 or equivalent. **Level 3:** is a faster paced performance and choreography class for experienced students, with focus on concentrated practice for the Spring Fling performance. No class on October 4.

Instructor: Zahra Zuhair

Location: Olive Recreation Center

Level 1

Activity #	Ages	Day	Time	Start	Fee
4211.403	12 yrs & up	Mon	7:15-8:05pm	Sept 10	\$66

Level 2

Activity #	Ages	Day	Time	Start	Fee
4212.403	12 yrs & up	Thu	6:30-7:20pm	Sept 13	\$66

Level 3

Activity #	Ages	Day	Time	Start	Fee
4213.403*	12 yrs & up	Thu	7:30-8:30pm	Sept 13	\$69

*Instructor approval required. Not available for Internet registration.

Cha Cha Cha | 9 weeks

Cha Cha Cha is the easy to learn Latin dance that will spice up the dance floor. We'll cover both solo and partner steps, but no partner is needed. We'll have fun dancing to a great variety of music!

Instructor: Nicole Inman & Orlando Delgado

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4210.405	13 yrs & up	Tue	6:15-7:15pm	Sept 11	\$81

Country Line Dance | 8 weeks

Line dancing can motivate your mind, add fun to your life, and help you lose weight the easy way. New Dancers are always welcome to this easy going dance class. All dance patterns will be explained so that you can have fun without getting all sweaty!

Instructor: Ron Black

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4260.405	18 yrs & up	Fri	7:00-9:00pm	Sept 14	\$26

Cumbia Dance | 6 weeks

Cumbia is one of the most popular dance styles in Latin America. The steps are simple and the music beautiful. We'll cover both solo and partner steps, but no partner is needed in this fun class.

Instructor: Bodygroove, Nicole Inman

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4211.405	13 yrs & up	Thu	8:15-9:15pm	Sept 13	\$56

East Coast Swing/Night Club 2-Step/ Waltz | 9 weeks

Learn new steps with "showcase" flare to choreographed routines. Partners are not required. **Note:** Smooth soled shoes only, no athletic shoes.

Instructor: Rikki Barton

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4222.403	13 yrs & up	Wed	8:00-9:00pm	Sept 12	\$58

Hip Hop Dance | 12 weeks

This high energy Hip Hop class that has you dancing to clean Hip Hop songs and artists that inspires you to dance. The class will break down a variety of Hip Hop styles with fresh and upbeat choreography. All levels of dancers are welcome.

Instructor: Teri Richardson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4208.403	16 yrs & up	Tue	12:30-1:30pm	Sept 11	\$70
4221.403*	16 yrs & up	Thu	8:15-9:15pm	Sept 13	\$70

*Class #4221.403 (Thursday) can be taken for \$62, if concurrently enrolled in class #4220.403 (Tuesday Jazz). Not available for internet registration.

Hula | 11 weeks

Learn the graceful, expressive art of Hula. Level 1 & 2 (combo): Beginner and Intermediate students practice basic Hula step patterns, traditional style and form and learn several Hula's at a variety of dance levels. Level 3: In this faster-paced class, experienced students can increase their repertoire, develop their style and practice performance routines. Recommended: Students should master basic Hula step patterns and attend 3 or more sessions of Hula Level 1 and 2 (or equivalent) before considering level 3. No class on September 17.

Instructor: Shari Ward

Location: Olive Recreation Center

Level 1 & 2 (combo)

Activity #	Ages	Day	Time	Start	Fee
4214.403	13 yrs & up	Mon	6:30-7:30pm	Sept 10	\$66

Level 3

Activity #	Ages	Day	Time	Start	Fee
4215.403	13 yrs & up	Mon	7:30-9:00pm	Sept 10	\$99

Jazz | 11 weeks

The focus is on jazz choreography. This class has to be taken concurrently with one of Sandra Dixon's Ballet or Tap classes.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4219.403*	12 yrs & up	Wed	7:45-8:10pm	Sept 12	\$25

*Instructor approval required. Not available for Internet registration.

Jazz Dance | 12 weeks

Jazz, Jazz and more Jazz...theatrical, contemporary and old school jazz. We do it all. Class includes stretching, a high energy warm up, and technique across the floor and Jazz choreography that will be put into a fun routine. **Note:** Please wear appropriate dance clothes. Jazz shoes are needed.

Instructor: Teri Richardson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4220.403	16 yrs & up	Tue	8:30-9:30pm	Sept 11	\$70
4209.403*	16 yrs & up	Thu	12:30-1:30pm	Sept 13	\$70

*Class #4209.403 (Thursday) can be taken for \$62, if concurrently enrolled in class #4208.403 (Tuesday Hip Hop). Not available for internet registration.

Rumba/Tango/Bolero | 9 weeks

Learn new steps with "showcase" flare to choreographed routines. Partners are not required. Smooth soled shoes only, no athletic shoes.

Instructor: Rikki Barton

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4218.403	13 yrs & up	Wed	7:00-8:00pm	Sept 12	\$58

Salsa - Level 1 | 9 weeks

This beginner class will show you the basic steps and hip movements to this fun and exciting dance - no experience or partner necessary. Get ready to move and groove to great Latin music. Be forewarned: Salsa dancing is addictive!

Instructors: Bodygroove, Nicole Inman, Orlando Delgado

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4201.405	13 yrs & up	Tue	7:15-8:15pm	Sept 11	\$81

Salsa - Level 2 | 9 weeks

Learn more HOT Salsa steps - L.A. Style! Freestyle and partner steps will be covered and as always, you'll get to dance to some incredible Latin music. Optional trip to a real salsa club near the conclusion of class. Pre-requisite: Salsa, Level 1.

Instructors: Bodygroove, Nicole Inman, Orlando Delgado

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4202.405	13 yrs & up	Tue	8:15-9:15pm	Sept 11	\$81

Tap Dance - Level 1 | 12 weeks

Tap dancers make music with their feet. The basics are introduced and developed in this class that starts with shuffles and flaps and progresses to combinations and routines. It's great physical and mental exercise. Beginners and experienced dancers are welcome.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4206.403	13 yrs & up	Sat	9:30-9:55am	Sept 15	\$56

martial arts**Danzan Jujitsu | 12 weeks**

Danzan Jujitsu is a Pacific Asian system of personal combat that utilizes escapes, throws, joint locks, kicking/striking, grappling submissions and weapon techniques. Dojo classes are year round and students may advance through black belt. Students under 16 years of age are encouraged to bring a partner. Sensei Kimo Williams also teaches traditional Danzan healing arts.

Note: There is a \$35 association fee.

Instructor: Kimo Williams

Location: Verdugo Lower Assembly Building

Activity #	Ages	Day	Time	Start	Fee
4601.404	15 yrs & up	T/Th	7:00-9:00pm	Sept 11	\$137
4604.404	15 yrs & up	Wed	7:00-9:00pm	Sept 12	\$ 92

Karate | 9 weeks

Adopt a healthy lifestyle while acquiring proven self defense skills. This art form has been successfully used for centuries for protection and promoting personal health and wellness. Our comprehensive curriculum and exclusive Kibukan® system offers the best mix of traditional structure, modern training focusing on fluidity, continuous movement, blending and redirection. **Note:** A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4603.405	13 yrs & up	Tue	7:00-8:00pm	Sept 11	\$103
4604.405	13 yrs & up	Thu	7:00-8:00pm	Sept 13	\$103
4605.405	13 yrs & up	T/Th	7:00-8:00pm	Sept 11	\$191

Karate Boot Camp | 4 weeks

Take advantage of this once-a-year opportunity to experience the entire Karate curriculum from white to black belt. Training covers kicking, punching, grappling, forms and self-defense. Whether you are an existing student that needs a review, wants a head start on what's next or a first time participant, this course is for you.

Note: A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4620.405	13 yrs & up	T/Th	6:45-7:45pm	Nov 27	\$101

Karate Sport | 8 weeks

Have fun exploring the sporting application of Karate through competitive sparring. Refine and apply your skills in a dynamic high energy atmosphere using protective gear in a safety conscious environment. Sparring also allows you to develop and improve your conditioning, control, timing, awareness, reflexes and coordination. **Note:** Participation is contingent upon concurrent enrollment in Karate and instructor approval for first time enrollees.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4610.405	13 yrs & up	Mon	6:30-7:00pm	Sept 10	\$71

Kobudo | 9 weeks

Explore the mystique of Karate weapons for fun, health, physical conditioning and self-defense. Powered by the exclusive Kibukan system, our comprehensive curriculum promotes balance, muscle control, flexibility and focus. Various weapons also help condition specific muscle groups for developing a stronger body, peaceful attitude and sense of balance. **Note:** A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4606.405	13 yrs & up	Wed	6:45-7:45pm	Sept 12	\$103
4607.405	13 yrs & up	Sat	10:45-11:45am	Sept 15	\$103
4609.405	13 yrs & up	Wed/Sat	Varied	Sept 12	\$191

**Kobudo Sport | 8 weeks**

Explore the sporting application of weapons through competitive sparring. Refine and apply your skills in a dynamic high energy atmosphere using protective gear in a safety conscious environment. Sparring also allows you to develop and improve their control, distance, form, focus, eye intensity, awareness, reflexes, coordination, and timing. **Note:** Participation is contingent upon concurrent enrollment in Kobudo and instructor approval for first time enrollees.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4601.405	13 yrs & up	Mon	7:00-7:30pm	Sept 10	\$71

Masters Academy | 8 weeks

Maximize your time, training opportunity and cost savings with a comprehensive martial arts experience that includes all classes for Karate, Kobudo and their Sport extensions. Invest in your future and be part of history by training in arts passed down for centuries through our direct lineage. Additional Instructions: All requirements for individual programs apply.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4608.405	13yrs-Adult	M,T,W,Th,Sat	Varied	Sept 10	\$349

Tai Chi | 9 weeks

Tai Chi Chuan is an internal Chinese Martial Art. It promotes relaxation, balance, coordination, flexibility and strength. In addition to improving health and fitness, with regular practice, one can develop instinctive self-defense skills.

Location: Verdugo Lower Assembly Building

Instructor: Dede Nardini **Level 1**

Activity #	Ages	Day	Time	Start	Fee
4607.404	13 yrs & up	Mon	6:45-8:00pm	Sept 10	\$82

Instructor: Dede Nardini **Level 1 & 2**

Activity #	Ages	Day	Time	Start	Fee
4603.404	13 yrs & up	Wed	10:00-11:15am	Sept 12	\$82

Instructor: Iren Jensen **Level 1 & 2**

Activity #	Ages	Day	Time	Start	Fee
4606.404	13 yrs & up	Fri	9:00-10:15am	Sept 14	\$82

Instructor: Iren Jensen and Dede Nardini **Level 1 & 2**

Activity #	Ages	Day	Time	Start	Fee
4605.404	13 yrs & up	Sat	9:00-10:15am	Sept 15	\$82

Instructor: Dede Nardini **Level 2**

Activity #	Ages	Day	Time	Start	Fee
4602.404	13 yrs & up	Mon	8:00-9:30pm	Sept 10	\$82

Location: McCambridge Recreation Center

Instructor: Iren Jensen **Level 1 & 2**

Activity #	Ages	Day	Time	Start	Fee
4611.405	13 yrs & up	Wed	7:00-8:00pm	Sept 12	\$82

music

Electric Bass | 6 weeks NEW

Get Rockin' with the electric bass. Learn scales, chords and rhythms, and apply then to a wide variety of music styles. Learn what to listen for in a great baseline and how to improvise while lying down...a great groove. **Note:** Student needs to supply own electric bass guitar.

Instructor: Peter Carreiro

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4501.403	12 yrs & up	Thu	7:00-8:00pm	Sept 13	\$80

Piano, Beginning (Group Class) | 8 weeks

Classes are offered with a foundation for Music Theory and basic concept of reading music. Each student is provided with their own keyboards to use which KMMN brings each week. This program is designed to be a progressive program and there are 4 levels to each series of books. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kids Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4546.405	13 yrs & up	Mon	5:00-5:45pm	Sept 10	\$125
4545.405	16 yrs & up	Mon	5:45-6:30pm	Sept 10	\$125
4547.405	13 yrs & up	Sat	3:45-4:30pm	Sept 15	\$125

Violin, Beginning | 8 weeks

In our fun and innovative group violin classes, children learn posture, rhythm, and bowing while building a concrete foundation for learning to read music. Basic techniques will be taught in this class as well as children being introduced to basic music theory. **Note:** Violins are required for each student. You may call Kids Music N' Motion for specifics at 310-373-0280. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4560.405	12-17 yrs	Wed	5:00-5:45pm	Sept 12	\$125
4562.405	18 yrs & up	Wed	5:45-6:30pm	Sept 12	\$125
4561.405	12 yrs & up	Sat	1:20-2:05pm	Sept 15	\$125



special interest

**Acting for Film and Television | 8 weeks**

With the emphasis on fun, students will learn basic acting skills developing confidence and self-esteem required for a film or television audition. The class will consist of games, character development and scene study.

Instructor: Claire Jacobs

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
3526.405	13-17 yrs	Thu	5:30-6:30pm	Sept 13	\$90

Acting Technique | 6 weeks

Using improvisational exercises and scripted work, this class will help develop and sharpen basic acting techniques. Designed for beginning and intermediate performers, the class is taught by the Founder and Artistic Director of the Ovation Award winning Grove Theater Center. **Note:** Registration for this class must be completed through the Burbank Park, Recreation and Community Services Department. Registration is not accepted at the Grove Theater.

Instructor & Location: Grove Theater Center
1111B Olive Avenue, Burbank CA 91506

Activity #	Ages	Day	Time	Start	Fee
4510.403	17 yrs & up	Mon	7:00-8:30pm	Sept 10	\$98

Beginning /Intermediate Knitting | 4 weeks

This class is for both beginners and those who already know the basics of knitting. Beginners will learn the basics such as cast on, knit stitch, purl stitch, ribbing, binding off, fringing and weaving in ends. For those who know the basics, we will learn pattern reading, shaping, increasing/decreasing lace, cable, and more.

Note: Materials required: size 11 needles (preferably metal), and two skeins of Jiffy yarn.

Instructor: Alisa M.

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4513.405	13 yrs & up	Mon	10:00am-12:00pm	Sept 10	\$52
4514.405	13 yrs & up	Mon	6:00-8:00pm	Sept 10	\$52
4515.405	13 yrs & up	Mon	6:00-8:00pm	Oct 15	\$52
4516.405	13 yrs & up	Mon	10:00am-12:00pm	Oct 15	\$52

Cooking Made Easy with Chef Judy Shalhoub | 1 day

Chef Shalhoub will offer a variety of culinary experiences from cuisines around the world made easy and healthy. Sign up for one or all as fits your interests. Chef Shalhoub has been teaching Culinary Arts for 12 years at BHS and is a Registered Dietitian for over 35 years. **Note:** A \$15 lab fee is due to the instructor at the beginning of each class. Recipes will be provided along with take-out containers.

Instructor: Judy Shalhoub

Location: Burbank High School Second Floor - Room #1223
902 N Third Street, Burbank CA 91502

Desserts from Around the World

Activity #	Ages	Day	Time	Start	Fee
4534.402	13 yrs & up	Sat	10:30am-1:00pm	Sept 22	\$40

Going Green

Activity #	Ages	Day	Time	Start	Fee
4530.402	13 yrs & up	Sat	10:30am-1:00pm	Oct 6	\$40

Fun with Quinoa, the Healthiest grain on Earth and Gluten Free

Activity #	Ages	Day	Time	Start	Fee
4535.402	13 yrs & up	Sat	10:30am-1:00pm	Oct 20	\$40

Dog Training: The Basics of Dog Obedience | 7 weeks

Help make your pet a more enjoyable, well-mannered companion. Classes will focus on skills such as sit, down, stay, come, heel, leash skills and dog-to-dog introductions. Learn troubleshooting techniques for such common problems as jumping, digging, barking, destructive chewing. All dogs participating in class must be 4 months of age and be fully vaccinated prior to starting class.

Note: First class session will be with owners only in the Recreation Center.

Instructor: Melissa Munoz

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4501.404	16 yrs & up	Wed	6:30-7:30pm	Sept 12	\$110
4502.404	16 yrs & up	Sat	10:00-11:00am	Sept 15	\$110

Open Sky - Jr Aviation | 8 weeks

This class inspires teens to discover the world of aviation through fun activities based on engineering, science, geometry, history and the governance of past and future aviation. Participants will work together, learning through discovery, to build their own planes. **Note:** A \$60 material fee is due at the first class.

Instructor: Noel Famatiga

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
3506.404	13-17 yrs	Tue	4:40-6:10pm	Sept 11	\$100

Open Sky - Park Flyer | 8 weeks

This class will focus on the basics of Radio Controlled Aeronautics. We will learn formulas and techniques that will inspire people to enjoy the hobby. Emphasis will be on fixing crashed planes and using recycled material. **Note:** A \$60 material fee is due at the first class.

Instructor: Noel Famatiga

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4506.404	13 yrs & up	Tue	6:20-7:40pm	Sept 11	\$105

Picture Perfect | 2 weeks NEW

Learn how to take photos that look professional. Gain skills that will transform snapshots into masterpieces. Using quick tips and the principals of fine arts, we will analyze photos to see how they could have been done differently to make them more interesting and visually stimulating.

Instructor: Norma Mirpol

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4502.403	13 yrs & up	Thu	5:00-6:30pm	Sept 13	\$25

Positive Reward Dog Obedience | 5 weeks

Smart Paws Positive Reward based Obedience Class. Skills taught in this class include: sit, down, go to your spot, leave it, come, walking on a leash, get back, and heel. **Note:** Class meets at Picnic Area 4 near the War Memorial (Amherst and San Fernando).

Instructor: Jenina Schutter

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4502.405	13 yrs & up	Sat	3:00-4:00pm	Sept 15	\$125



SAT Test Prep- Crash Course | 1 day

Learn the top test-taking tactics and tricks to raise your SAT scores in this one-day, intensive, 6-hour course. Practice with an actual SAT test. Taught by an expert who specializes in SAT test preparation. Bring your own snack, meal, and calculator.

Class is on Saturday, October 13.

Instructor: Pam Bassuk, The Burbank Tutor

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
3505.405	13-17 yrs	Sat	10:00-4:00pm	Oct 13	\$89

Scene Study for Actors | 8 weeks

For Actors wishing to hone their skills. Class will consist of acting exercises and scene study.

Instructor: Claire Jacobs

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4525.405	17 yrs & up	Thu	6:30-7:30pm	Sept 13	\$90

Screenplay Writing | 8 weeks

The **Level I** class guides you step-by-step through the screenwriting process. Learn format, structure, plot points, character arcs, beat sheets and how to write dialog. Implement industry terminology with confidence. Develop your own stories and accepted studio "pitches" while starting to write your movie. The **Level II** class is the next step for screenwriters in writing the movie form. We will concentrate on the development of studio or independent scripts -- designed to take you to your finished First Draft. We will watch movies, analyze from a screenplay perspective and help with rewriting and polishing. Beginning Screenplay Writing (Level 1) is a pre-requisite for Level 2. **Note:** A \$15 material fee is due at the first class.

Instructor: Mark Troy

Location: Olive Recreation Center

Level 1

Activity #	Ages	Day	Time	Start	Fee
4503.403	13 yrs & up	Mon	7:30-9:30pm	Sept 10	\$98

Level 2

Activity #	Ages	Day	Time	Start	Fee
4504.403	13 yrs & up	Tue	7:30-9:30pm	Sept 11	\$98

Speaking Shakespeare | 6 weeks

Learn how to let the meter and the language help you discover the character, the meaning and the nuance of this great writer. Perfect for actors wanting to improve their classical technique and non-actors looking to understand Shakespeare in greater depth. Taught by the Founder and Artistic Director of the Ovation Award winning Grove Theater Center. **Note:** Registration for this class must be completed through the Burbank Park, Recreation and Community Services Department. Registration is not accepted at the Grove Theater.

Instructor & Location: Grove Theater Center
1111B Olive Avenue, Burbank CA 91506

Activity #	Ages	Day	Time	Start	Fee
4511.403	17 yrs & up	Mon	8:45-10:15pm	Sept 10	\$98

sports / fitness**30-Minute Dance Yourself Slim | 9 weeks**

Exercise to Paso Doble with Flamenco flair. Rhythms of Mambo and Cha-cha with easy movements to work your entire body. Burn the calories.

Instructor: Rikki Barton

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4401.403	13 yrs & up	Wed	6:15-6:45pm	Sept 12	\$39

All Abs | 9 weeks

Tone your middle with 30 minutes of intense abdominal work using a variety of techniques! It's a perfect complement to the 6:30 Sweatshop Kickboxing class at Verdugo Recreation Center or the 6:30 Body Bar class at Ovrom Community Center. Bring a mat (weights/balls provided)

Instructor: Karen Eldridge

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4419.404	13 yrs & up	Tue	6:00-6:30pm	Mar 27	\$33

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4420.410	13 yrs & up	Wed	6:00-6:30pm	Sept 12	\$33

Art of Pilates | 9 weeks

This is a mat class that joins the traditional Joseph Pilates method with the power and beauty of the soul of dance. You will move smoothly building long, lean, flexible and strong muscles while burning calories. **Note:** Please bring a mat.

Instructor: Kristan Sauter

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4414.405	10 yrs & up	Sat	10:30-11:30am	Sept 15	\$44

Barre Sculpt | 9 weeks

Unique no-impact barre workout that uses isometrics and interval training with light weights, balls, and bands, in constant motion to melt fat, deeply sculpt arms, abs, booty, and thighs, plus improve posture! **Note:** Bring a yoga mat.

Instructor: Karen Eldridge

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4515.410	13 yrs & up	Mon	9:00-10:00am	Sept 10	\$53
4516.410	13 yrs & up	Thu	9:00-10:00am	Sept 13	\$53

Body Bar Blast | 9 weeks

Weighted body bar cardio intervals and strength training fused with martial-arts inspired moves will rev up the metabolism, shock the muscles, and burn calories! **Note:** Weighted exercise bars provided. Please bring a mat.

Instructor: Karen Eldridge

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4402.410	13 yrs & up	Wed	6:30-7:30pm	Sept 12	\$53

Boot Camp | 9 weeks

Safely challenge yourself with drills that will build muscle, balance, endurance, coordination, and confidence utilizing a variety of useful props and tools to increase the effectiveness of your workout. It consists of interval training, athletic drills, weight training, and some kickboxing moves. Wear supportive shoes and bring a mat, 3-5 lb. weights, and lots of water!

Instructor: Karen Eldridge & Guest Instructor

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4422.404	13 yrs & up	Sat	8:00-9:00am	Sept 15	\$57

Butts 'n Guts & Wings 'n Thighs | 12 weeks

We will "lift the butt," "tighten the gut," and "firm and strengthen the arms and thighs." Plan to work hard, but the results will be worth it. Firm, strengthen, and tone these problem areas in a fun and energetic atmosphere to current music.

Note: Bring a mat and weights.

Instructor: Anne Jackson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4414.403	13 yrs & up	Tue	6:15-7:15pm	Sept 11	\$72

Cardio Fat Blast/ 30 Minutes to Fitness

9 or 10 weeks

A fast, fun and highly effective class combining a super cardio workout with strength training and endurance building exercises. Burn fat, speed up your metabolism, and reduce stress! All fitness levels welcome. Weights provided. No class Monday, November 12

Instructor: Michelle L'Heureux Wilson

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4415.404	13 yrs & up	Mon	9:00-9:30am (9 wks)	Sept 10	\$41
4416.404	13 yrs & up	Wed	9:00-9:30am	Sept 12	\$45
4417.404	13 yrs & up	M/W	9:00-9:30am	Sept 10	\$78

**CardioSculpt | 9 weeks**

Fat-melting cardio and strength conditioning using the theory of muscle confusion. We mix it up with mini-circuits, weights, cardio blasts and Plyometric intervals. Bring a mat (bands, balls, and weights provided)

Instructor: Karen Eldridge

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4415.405	13 yrs & up	Thu	6:00-7:00pm	Sept 13	\$49

Chair Stretch & Tone | 5 or 8 weeks

Want to work out but can't get down on the floor? This is the class for you! We will burn calories while toning muscles and then stretch those muscles out. So if getting down on the floor has been preventing you from working out, give this class a try. Bring water, weights are optional.

Instructor: Anne Jackson

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4402.405	13 yrs & up	Wed	6:15-7:00pm	Sept 12	\$45
4403.405	13 yrs & up	Wed	6:15-7:00pm (5 wks)	Nov 14	\$30

Core Sculpt | 9 weeks

Using weights with deep, controlled, movement we draw on the body's core strength for center and balance. Prepare to sweat while developing long lean muscles! Bring light weights and mat.

Instructor: Karen Eldridge

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4406.405	13 yrs & up	Mon	6:30-7:30pm	Sept 10	\$49

Evening Pilates = Weight Loss + Strength | 9 weeks

Experience the slimming power of Pilates and dramatically reshape and strengthen your body. A unique blend of traditional Pilates core work combined with new innovative whole-body work keeps this class fresh and productive. Target-tone those stubborn zones with moves to cinch the waist and sculpt the upper and lower body. You'll love it! Please bring a mat. Weights provided.

Instructor: Michelle L'Heureux Wilson

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4506.404	13 yrs & up	Mon	6:30-7:30pm	Sept 10	\$63

Fat to Firm Weight Loss Aerobics and Cardio Sculpt

10 weeks

20 classes of one of Burbank's most popular morning workouts! Michelle's signature class combines aerobic dance, cardio interval training, plyometrics, aerobic dance, kickboxing and body sculpting cardio with weights to burn fat and build lean muscles. Awesome calorie crunching combinations target both the upper and lower body, giving you a complete head to toe workout. All fitness levels welcome. Bring a mat.

Instructor: Michelle L'Heureux Wilson

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4401.404	13 yrs & up	T/Th	9:00-10:00am	Sept 11	\$96

Karate Fit | 8 weeks

Kick, box and have fun with a dynamic karate workout that really packs a punch! This empowering program utilizes our unique Kibukan® system for a high-impact combination of karate, boxing and aerobic exercise. You'll burn fat, tone your body, acquire self-defense skills and have a blast at the same time. **Additional Instructions:** Light weight black boxing gloves are needed for class participation.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4550.405	13 yrs & up	Mon	10:00-10:45am	Sept 10	\$69

Kickbox Cardio Burn/Weight Training Super Session

10 weeks

Two of Burbank's most popular classes in one with Deni King, A.C.E., Certified Personal Trainer. Butt kicking session of Cardio Kickbox Aerobics followed by a full body weight training session. Yoga/Pilates stretch. Weights/bars provided, please bring a Yoga mat.

Instructor: Deni King

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4443.410	13yrs & up	Mon	7:00-8:30pm	Sept 10	\$82
4445.410	13yrs & up	Thu	7:25-8:45pm	Sept 13	\$82

Kickboxing Cardio Burn with Yoga & Pilates Stretch

10 weeks

Join Deni King, A.C.E. Certified Personal Trainer, in this super fat-blasting workout. Yoga/Pilates warm up/ cool-down. Instruction for all levels. A fun, friendly class. Bring water and mat.

Instructor: Deni King

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4403.403	13 yrs & up	Tue	7:15-8:15pm	Sept 11	\$62

**Kickboxing + Pilates | 9 weeks**

Lose weight, get fit and trim! Get a great body workout with this combination class of Kickboxing + Pilates. You'll increase your stamina and flexibility as well as strengthen your core. Be ready to work your booty off- this class will literally have you dripping with sweat! Bring a mat, towel, and water. No class on October 31.

Instructor: Bodygroove, Rosana Grillo

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4421.405	13 yrs & up	Wed	7:15-8:15pm	Oct 3	\$56

Mommy and Me Melt | 9 weeks

Calling all moms that are ready to workout. This fun, safe and motivating class will incorporate kickboxing, weight lifting and resistance training (with your babies) and the stroller to keep you healthy and get you back to your pre-baby weight. Abdominal work will also be included.

Instructor: Carmella Ward

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4451.410	18 yrs & up	Wed	10:00-11:00am	Sept 12	\$54

Pilates 30 Minute Power Sculpt | 10 weeks

Pumped up Pilates with resistance bands. Great for beginners! Simple, yet highly effective total body strengthening and shaping session. You will receive a resistance band-cost included in fee. Bring a yoga mat.

Instructor: Deni King

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4407.410	13 yrs & up	Mon	6:15-6:45pm	Sept 10	\$32
4446.410	13 yrs & up	Wed	6:15-6:45pm	Sept 12	\$32

Pilates = Weight Loss + Strength | 9 or 10 weeks

Experience the slimming power of Pilates and dramatically reshape and strengthen your body. A unique blend of traditional Pilates core work combined with new innovative whole-body work keeps this class fresh and productive. Target-tone those stubborn zones with moves to cinch the waist and sculpt the upper and lower body. You'll love it! Please bring a mat. Weights provided. No class Monday, November 12.

Instructor: Michelle L'Heureux Wilson

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4402.404	13 yrs & up	Mon	9:30-10:30am (9 wks)	Sept 10	\$63
4403.404	13 yrs & up	Wed	9:30-10:30am	Sept 12	\$70
4404.404	13 yrs & up	Fri	9:30-10:30am	Sept 14	\$70
4405.404	13 yrs & up	M/W/F	9:30-10:30am	Sept 10	\$190

Piloxing® | 9 weeks

Piloxing® trained/authorized instructor leads this high-energy fusion of boxing and Pilates in a rhythmic format to heart-pumping beats. Wear ½lb. gloves to sculpt arms and burn extra calories! Bring a mat.

Instructor: Karen Eldridge

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4416.410	13 yrs & up	Wed	9:00-10:00am	Sept 12	\$53
4418.410	13 yrs & up	Wed	7:30-8:30pm	Sept 12	\$53
4417.410	13 yrs & up	Sat	9:30-10:30am	Sept 15	\$53

Senior Stretching | 12 weeks

Do you feel your muscles are tight? Come to this class, so you can stretch them out at a slow and steady pace.

Instructor: Anne Jackson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4410.403	18 yrs & up	Mon	6:30-7:00pm	Sept 10	\$48

Stretch It! | 9 weeks **NEW**

Movement is life! We'll stretch to help erase muscle tightness and pain to increase flexibility. It is for both active and less-active people and all levels are welcome. Bring a mat. Bands are provided.

Instructor: Karen Eldridge

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4421.410	13 yrs & up	Mon	10:00-10:30am	Sept 10	\$33

Sweatshop Kickboxing | 9 weeks

Gloves on, train like a champ! It's 60 minutes of fat-burning fun: kicking, punching using authentic training bags to get on the best workouts around. Bring mat, boxing gloves, and hand-wraps.

Instructor: Karen Eldridge

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4421.404	13 yrs & up	Tue	6:30-7:30pm	Sept 11	\$62

Zumba® with Michelle! | 9 weeks **NEW**

Ditch the workout. Join the party! Zumba combines Latin and International



music with a fun and effective workout system. One of the most enjoyable ways to get in shape and lose those extra pounds. No matter the age or level of experience, you CAN do this! It's a blast

Instructor: Michelle L'Heureux Wilson

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4450.404	13 yrs & up	Tue	10:00-11:00am	Sept 11	\$60
4451.404	13 yrs & up	Thu	10:00-11:00am	Sept 13	\$60
4452.404	13 yrs & up	Fri	9:00-9:30am	Sept 14	\$45

Zumba + Cardio Dance | 9 weeks

An awesome, exhilarating, calorie-crunching workout that's so much fun, you won't even feel like you're working out! Easy to follow Latin & International dance routines combining fitness and dance steps (Salsa, Cha Cha, Merengue, Hip-Hop and more). Ditch the workout, join the party - try Zumba today!

Instructor: Bodygroove, Hollie Lee/Anna

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4423.405	13 yrs & up	Mon	10:00-11:00am	Sept 10	\$64
4424.405	13 yrs & up	Mon	5:30-6:25pm	Sept 10	\$64
4422.405	13 yrs & up	Mon	7:30-8:30pm	Sept 10	\$64
4407.405	13 yrs & up	Wed	8:15-9:15pm	Sept 12	\$64
4419.405	13 yrs & up	Wed	10:00-11:00am	Sept 12	\$64

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4410.410	13 yrs & up	Tue	6:15-7:15pm	Sept 11	\$64
4412.410	13 yrs & up	Tue	7:30-8:30pm	Sept 11	\$64
4408.410	13 yrs & up	Wed	5:00-5:55pm	Sept 12	\$64
4411.410	13 yrs & up	Thu	6:15-7:15pm	Sept 13	\$64
4409.410	13 yrs & up	Fri	9:30-10:30am	Sept 14	\$64
4413.410	13 yrs & up	Sat	10:30-11:30am	Sept 15	\$64

yoga

Gentle Yoga | 5, 6 or 12 weeks

Breathing, stretching, restorative postures and deep relaxation will be the main focus. Bring a mat and towel.

Instructor: Anne Jackson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4701.403	13 yrs & up	Mon	7:00-8:00pm (12 wks)	Sept 10	\$58

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4701.405	13 yrs & up	Thu	7:00-8:00pm (6 wks)	Sept 13	\$30
4702.405	13 yrs & up	Thu	7:00-8:00pm (5 wks)	Nov 1	\$25

Kundalini Yoga for Celestial Alignment towards Healing and Renewing | 9 weeks

This series of exercise will align you with your sacred self, allowing you to find your divine identity. Kundalini Yoga and Meditation will help you reduce stress and improve your nervous, glandular and muscular system. **Note:** Please bring an exercise or yoga mat.

Instructor: Judsan Daal

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4703.404	18 yrs & up	Sat	10:45am-12:15pm	Sept 15	\$66

Kundalini Yoga for Women for Radiance & Victory 9 weeks

This series of exercise will examine the unique and expressly feminine qualities that create prosperity. The yoga and meditation that are presented have the power to clear out internal insecurities and build persistence and projection based on a confident sense of internal values. This confidence will help you progress forward in relationships and in all your endeavors. Class will include Part I – The Source of Prosperity (4wks), Part II – The Pattern of Prosperity (5wks) and 9 sets of meditations.

Instructor: Judsan Daal

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4702.404	18 yrs & up	Thu	7:00-8:30pm	Sept 13	\$66

Kundalini Yoga for Youth and Joy | 9 weeks

This series of exercise will leave you feeling healthy and energetic, with a renewed enthusiasm for life, giving you a new capacity to be strong, flexible and radiant.

Note: Please bring an exercise or yoga mat.

Instructor: Judsan Daal

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4704.403	18 yrs & up	Wed	7:15-8:45pm	Sept 12	\$66

Yoga | 10 or 11 weeks

Instruction in yoga postures incorporates various stretching, breathing and relaxation techniques contributing to the well being of the total self. Comfortable clothing suggested. **Note:** Bring a mat and large towel. No class the weeks of October 22 - October 26 and November 19 - November 23 and Monday, November 12.

Instructor: Paulette Cole

Location: Joslyn Adult Center

Activity #	Ages	Day	Time	Start	Fee
4701.401	18 yrs & up	M/W	5:45-6:45pm	Sept 10	\$90
4702.401	18 yrs & up	Mon	7:00-8:00pm	Sept 10 (10 wks)	\$48
4703.401	18 yrs & up	Tue	7:00-8:00pm	Sept 11	\$52
4704.401	18 yrs & up	Wed	7:00-8:00pm	Sept 12	\$52
4705.401	18 yrs & up	Thu	7:00-8:00pm	Sept 13	\$52

Yoga, Strength Training | 10 weeks

This class will include instruction in stretching, relaxation and self massage for wellness. Classical yoga postures will be adapted to the individual's needs. 2lb. hand weights are optional and tennis shoes are required for first hour. **Note:** Please bring yoga mat.

Instructor: Susan Quon

Location: Joslyn Adult Center

Activity #	Ages	Day	Time	Start	Fee
4706.401	18 yrs & up	T/Th	8:00-9:30am	Sept 11	\$120



woodcarving workshop

**Wednesday Afternoons
1:00 to 3:00 p.m.
Stough Canyon Nature Center
Top of Walnut Avenue**

No registration fee
Optional materials list and fee
available upon request.

From beginners to experienced, woodcarvers are invited to join this fun and creative class that meets every Wednesday. The primarily one-on-one instruction will be provided by the Smoky Hollow Carvers and the Nature Center staff. There will be occasional group sessions as well.

Call (818) 238-5440 for more information.

Burbank Advisory Council on Disabilities

The Burbank Advisory Council on Disabilities meets on the 4th Thursday of the month at 1:00 p.m., except during July, August and December. The Advisory Council works with city departments to assist and address the needs of individuals with disabilities.

The meetings are held in the Community Conference Room at the **Police & Fire Headquarters**, 311 East Orange Grove Avenue, Burbank. For additional information, call
(818) 238-5372.

